

SAN JUAN COUNTY
PARTNERSHIP

overdose prevention

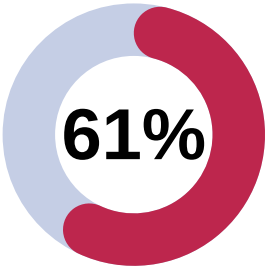
IN 2023, THERE WERE

49

DEATHS DUE TO DRUG OVERDOSE IN SAN JUAN COUNTY

Source: CDC WONDER

OVER HALF



DRUG OVERDOSE DEATHS IN 2023 IN SAN JUAN COUNTY INVOLVED AN OPIOID

(PRESCRIPTION OPIOIDS, HEROIN OR FENTANYL)

32%

OF ALL OVERDOSE DEATHS IN 2023 IN SAN JUAN COUNTY INVOLVED ALCOHOL

NOTE: All overdose deaths include 49 deaths due to drug overdose plus 11 due to alcohol poisoning alone.

Eight overdose deaths in 2023 involved both alcohol and other drugs.

Safe Use Can Prevent an Overdose

Know how and when to take your medications

If you are taking more than one medication make sure that you know what can be taken together and what might cause interactions.

Know what you are taking

Don't take unknown pills or mix pills with each other unless you have asked a doctor or pharmacist about possible interactions.

Don't mix alcohol with other drugs

Using alcohol at the same time as medications, or other drugs, can cause harmful and dangerous effects and can lead to an overdose.

If you take any kind of opioid make sure friends & family have Naloxone / Narcan & know how to use it

Naloxone is a medicine that rapidly reverses an opioid overdose. It is not long acting so the person administering naloxone will still need to call 911 and / or monitor you.

To learn more about safe use

www.harmreduction.org

What is polysubstance use?

Polysubstance use is taking two or more substances at the same time or within a few hours of one another.



Mixing different drugs is something many people do, but it's dangerous.

Alcohol, opioids, marijuana (cannabis), and over the counter medications are all **drugs** and can interact with each other just like prescription drugs.

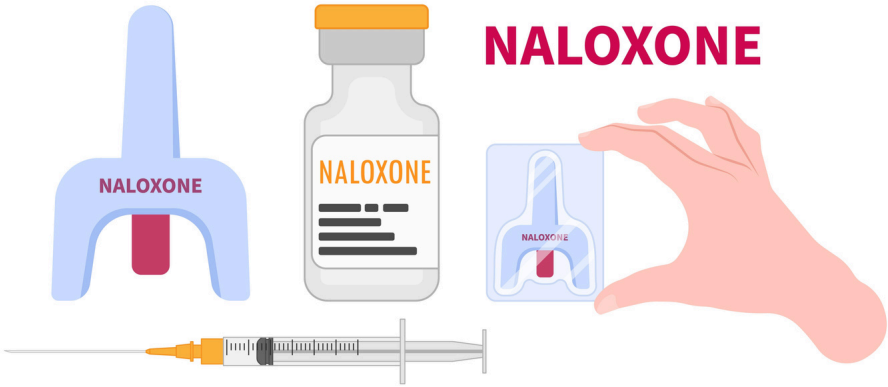
Sometimes, people mix substances **on purpose to make the effects stronger**, while other times it happens by **accident, for example when fentanyl is mixed into drugs.**

No matter how it occurs, mixing drugs raises the chances of bad things happening:

- It can make the effects stronger.
- You can't predict what will happen.
- The risk of overdosing goes up.

The New Mexico Good Samaritan Law helps protect people from drug related charges when they call 911 to assist a person who is overdosing.





What is Naloxone?

Naloxone (also called Narcan) is a medicine that rapidly reverses an opioid overdose.

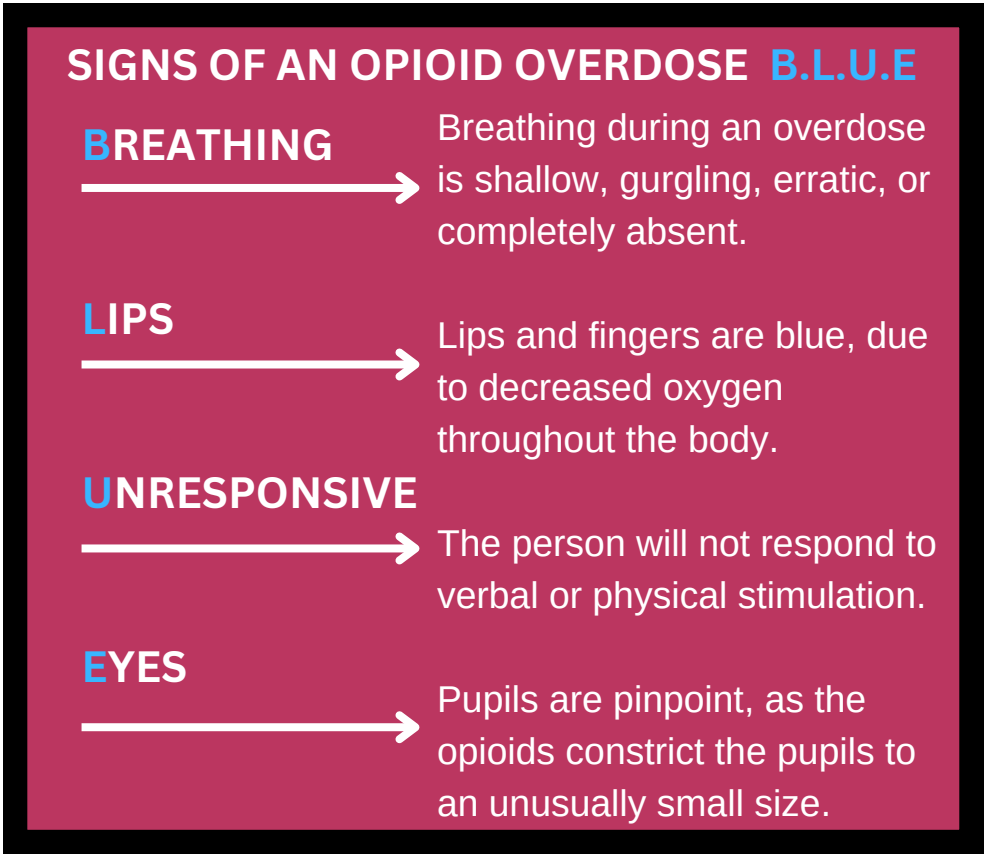
Naloxone can quickly restore normal breathing in a person if breathing has slowed or stopped due to an opioid overdose.

But, naloxone has no effect on someone who does not have opioids in their system, and it is not a treatment for opioid use disorder.





Signs of an Opioid Overdose



Decreased respirations or not breathing at all
(A person normally takes a breath 12 – 20 times per minute, or 1 breath every 5 seconds).

Blue or purplish skin
(especially around lips and nail beds).

Unconscious, unresponsive (won't wake up).

Pinpoint pupils
(enlarged pupils usually more typical of a head injury)

Responding to an Overdose

Step 1 : Confirm unconsciousness and not breathing.

Step 2: Call 911.

Step 3: Give two breaths, one right after the other.

Step 4: Give first dose of Narcan.

Step 5: Perform rescue breathing for 3 minutes (1 breath every 5 seconds).

Step 6: If no response in 3 minutes, give second dose of Narcan



What is MAT?

MAT or Medication Assisted Treatment is an evidence based treatment program for alcohol or opioid use disorders.

The FDA has approved several different medications to treat alcohol use disorders (AUD) and opioid use disorders (OUD). These medications relieve the withdrawal symptoms and psychological cravings that cause chemical imbalances in the body.

Medications used are evidence-based treatment options and do not just substitute one drug for another.

Research shows that a combination of medication and therapy can successfully treat substance use disorders, and, for some, medications can help sustain recovery. Medications are also used to prevent or reduce opioid overdose.

https://www.samhsa.gov/medications-substance-use-disorders

Getting help...

Find resources and a list of Medication Assisted Treatment (MAT) locations at doseofreality.com

Contact San Juan County Partnership for in person training on Naloxone and overdose prevention

Find services at a public health office near you at www.nmhealth.org/location/public



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