

TREATMENT OPTIONS

PA Get Help Now

1-800-662-HELP (4357)

Behavioral Health Special Initiative

If you do not have insurance

(215) 546-1200

Community Behavioral Health (CBH)

If you have insurance (888)

546-2600

Philadelphia 24HR Suicide Crisis & Intervention Line

(215) 685-6440

PREVENTION POINT: MOBILE SITES

Call for times and locations

2913-15 Kensington Ave

Philadelphia, PA 19134

(215) 634-5272

ppponline.org

Services available

- OD prevention education
- Naloxone & fentanyl test strips
- Syringe Exchange
- HCV and HIV screening
- Medical Triage

RESOURCES & SERVICES

Narcan & Fentanyl Test Strip Mailing Program

www.NextDistro.org/Philly

Using Alone?

Anonymously connect with a peer who can contact a friend for you or call 911 in case you become unresponsive.

- Never Use Alone Hotline:

E: 1-800-484-3731

- S: 1-800-928-5330

Brave App: In Apple &

Google Play store

Phila Dept. of Public Health

overdose.prevention@phila.gov

www.PhillyNaloxone.com



OPIOID OVERDOSE PREVENTION

AVOID OVERDOSE

- Try to use with a friend or around other people
- Stagger use in case of overdose
- Have naloxone (Narcan) available and ready
- Test your drugs with fentanyl test strips
- Use one drug at a time
- Do a tester shot
- Go slow, especially if you haven't used in a few days or are using a new product

An overdose can be instant or hours after use

RECOGNIZE AN OVERDOSE

Slow or no breathing

Person cannot be woken up

Stiffened body & locked jaw

Seizure-like activity

Gurgling, gasping, or snoring

Blue or grey lips & fingertips

Pale or grey skin

Clammy, cold skin

Vomiting

If person is breathing but unable to stay aware - **no naloxone yet.**

Stay with them and watch their breathing until they are alert.

If breathing stops, give naloxone.

REVERSE AN OVERDOSE

1. WAKE THEM UP

- Shake them & call name
- Apply mild pressure
 - Pinch back of upper arm
 - Rub your knuckles hard over their breast bone

2. GIVE NALOXONE

- Check the time or set a timer
- Give another dose in 3-5 minutes if they don't start breathing again

3. CALL 911

- You should not get in trouble for drug use or possession

4. DO RESCUE BREATHING

- Clear the inside of mouth
- Tilt head back, lift chin, and pinch nose
- Give 1 breath every 5 seconds until they start breathing or help arrives

5. RECOVERY POSITION

- Place them on their left side
- Put hands under their head to help them breathe and prevent choking on vomit

AFTER REVIVAL

If a person was given naloxone, stay with them until help arrives or until the naloxone wears off (in 60 - 90 minutes) to make sure they don't go back into an overdose.