

# *How to Recognize & Reverse an Overdose.*



**RAINBOW PRIDE  
YOUTH ALLIANCE**

## Rainbow Pride Youth Alliance (RPYA)

RPYA is a grassroots California non-profit 501(c)(3) organization that was founded in 2001. We provide support services to LGBTQ+ youth, as well as their parents and caretakers, including workshops, online support groups, and linkage to resources.

Visit our website for more information.  
**[rainbowprideyouthalliance.org](http://rainbowprideyouthalliance.org)**

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[rainbowprideyouthalliance.org](http://rainbowprideyouthalliance.org)





# Recognize an Overdose.

- Skin color has changed. Lighter skin will turn Blue or **gray**. Darker skin will turn **purple** or **ashen gray**. Overall lookout for color dropping out of people's skin or if skin turns many shades lighter or darker.



- **Gurgling noises** will be audible. This is the lungs failing to get air and trying to get a full breath. It will often sound like a **snore**.

# What to look out for:

- They may be **irresponsive** and their body may be **limp**.
- They **cannot be awakened** or are unable to speak.
- Their **fingernails or lips** have a purple or blue color.
- Their **breathing or heartbeat slows** or stops.



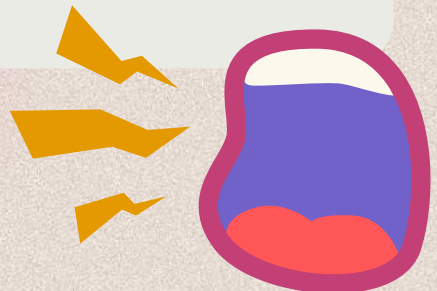
# Stimulation

If your person checks the previous boxes, try and get a response from them. You can do this by yelling:

**'' Hey Friend, I'm going to Narcan you if you don't wake up!''**

If they respond and say they do not need Narcan, ***listen to them***. If they can ***say no*** they do not need Narcan.

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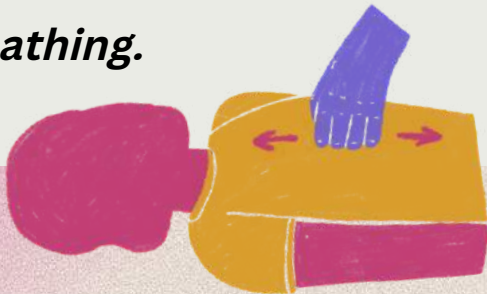
# Physical Stimulation

If you've assessed that someone is unresponsive. Your next step is to try and **stimulate them to wake up**.

- You stimulate someone awake with a sternal rub. You can do this by making a fist and ***rubbing your knuckles up and down their chest***.

If they are still unresponsive:

- ***Call 911***; you do not have to say there is drugs involved, just let them know ***someone is not breathing***.



# Narcan? Narcan.

If they are not responsive and you are carrying Narcan you can proceed to administer it. Narcan only works for **opioid overdoses**. However, if your person is not overdosing on opioids Narcan will not affect them.

You will have to put the **Narcan far up their nose**. Remember they are not breathing so you have to get it far enough to get it into their system.

It may take **2-3 minutes** for the Narcan to work. If it doesn't work after 2-3 minutes you may have to administer another dose.

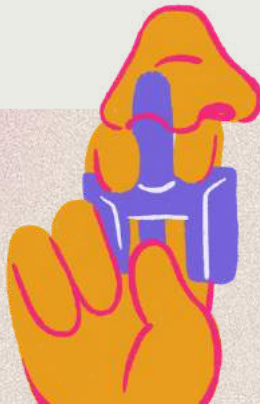


# 2-3 Minutes

You will have to put the **Narcan far up their nose**. Remember they are not breathing so you have to get it far enough to get it into their system.

Some people may need **more than one dose** of Narcan. This can be affected by their body's height and weight. Sometimes they may need more just because.

It may take **2-3 minutes** for the Narcan to work. If it doesn't work after 2-3 minutes you may have to administer another dose. Some people require **up to 4 doses** of Narcan.





# Rescue Breathing

If you do not have more than 1 or 2 doses of Narcan, an ambulance will carry Narcan and will administer additional doses.

If they are not there yet, you may have to perform Rescue Breathing.

- Lay the person on their back
- Tilt their chin up
- Pinch their nose
- Give them 1 breath every 5 seconds
- Slowly watch their chest rise

This is important because they are **missing oxygen** in their body and Rescue Breathing provides that.

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Watch for  
rising chest



# Welcome Back

Waking up after an overdose can be *traumatizing and disorienting*. This is why it is important to *be gentle* and welcome someone back into consciousness. You can say things like

**'' Hey Friend, my name is \_\_\_\_, we are at \_\_\_\_\_. I think you may have experienced an overdose and I had to Narcan you. I got you, you are safe. ''**

# After an Overdose

We recommend staying with the person for 90 minutes to make sure they do not go into an overdose again. This is when the Narcan wears off and their chances of overdosing again are high.

After that remember to take care of yourself and let your friend know you are glad they are alive. There is no stigma that what they just experienced is a **medical emergency**.





# What is an Opioid?

- Heroin
- Morphine
- Codeine
- Methadone
- Oxycodone (Percocet, Oxycotin, Roxicodone)
- Hydrocodone (Lortab, Vicodin, Norco)
- Oxomorphone (Opana)
- Hydromorphone (Dilaudid)
- Buprenorphine (Suboxone, Subutex, Zubsolv)
- Fentanyl and Fentanyl Analogs
- (acryl, furanyl, acetyl, carfentanyl, etc.)

**NOT Opioids:** Cocaine or Crack, Methamphetamines, Benzodiazepines (xanax, valium, ativan, klonopin) , Promethazine (Phenergan), Seroquel, Gabapentin (Neurontin) , Muscle Relaxers (Soma, Flexeril), Alcohol, K2, PCP.

# SOURCES

## *How to Use Narcan with the DOPE Project*



### **VIDEO LINK:**

<https://youtu.be/bUtYpbdUSus>

# *Resources in the Inland Empire*

## ***I.E HARM REDUCTION***

IG: @InlandEmpireHarmReduction

Website: [www.ieharmreduction.org/](http://www.ieharmreduction.org/)

## ***CAT 911***

IG: @Riversidecat911

Website: <https://cat-911.org/>

## ***I.E. OPIOID CRISIS COALITION***

Website: <https://www.ieocc.org/>



# Rainbow Pride Youth Alliance (RPYA)

RPYA is proud to create online and in-person support groups. Here is a schedule of our weekly programming.

**San Bernardino SOURCE**  
**Monday 4:00 PM - 6:00 PM**

**San Bernardino Poetry Group**  
**Tuesday 4:00 PM - 6:00 PM**

**Virtual Zoom SOURCE**  
**Wednesday 5:00 PM - 7:00 PM**

**Riverside SOURCE**  
**Thursday 4:00 PM - 6:00 PM**

**RPYA Game Night**  
**Friday 4:00 PM - 6:00 PM**

For additional events and updates please refer to our Instagram and website.

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