

A photograph of two young women with dark hair embracing each other against a light blue background. The woman on the left has curly hair and is wearing a white t-shirt, while the woman on the right has straight hair and is wearing a green top. The text is overlaid on the left side of the image.

Prevent

Overdose:

Empowering Youth

to Save Lives

**NDAFW**

National Drug & Alcohol  
Facts Week



National Institute  
on Drug Abuse




# What Is an Overdose?

- An **overdose** is when someone takes so much of a drug that it prevents their brain and other organs from functioning normally.
- Fentanyl and other lab-made opioids are the most common substances involved in overdoses in the U.S.
- Overdose requires **immediate action**.



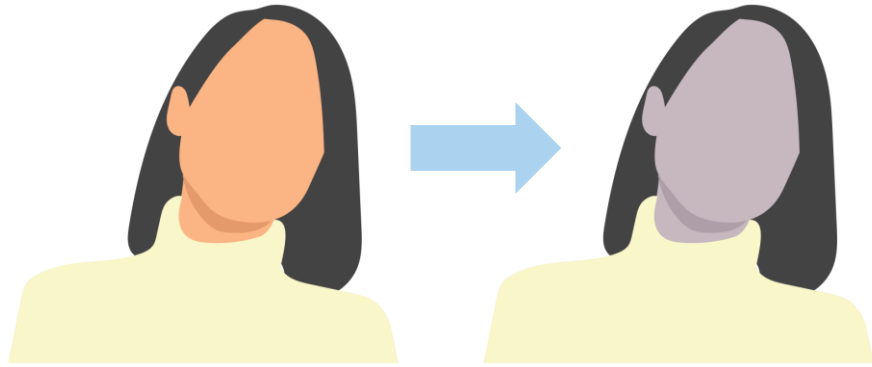
# Overdose by the Numbers

- Over **100,000** people die from drug overdose every year.
- Overdose deaths among teens have risen dramatically in recent years.
- In 2022, each day **300** people are estimated to have died from drug overdoses.

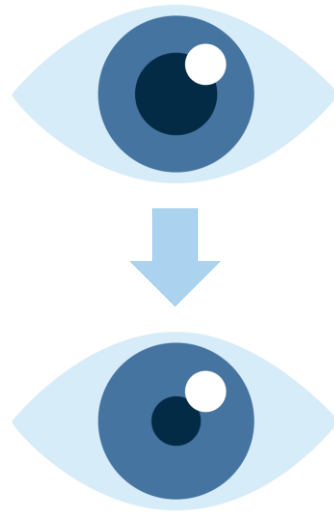


That's about  
1 death every  
5 minutes.

# Know the Signs of an Overdose



**Pale, gray, or bluish skin, lips, or fingernails\***



**“Pinpoint” pupils**



**Limp body**



**Slow, shallow breathing**

\* For lighter skinned people, the skin tone turns bluish purple; for darker skinned people, it turns grayish or ashen.



# Facts on Fentanyl

- Fentanyl is a powerful, lab-made opioid.
- It is often added to drugs like cocaine, meth, and illicit pills that dealers manufacture to look identical to real prescription pills.



Much stronger than other opioids like heroin



It has no taste or smell. It's hard to detect if mixed with drugs.



# Be Aware of Fake Pills

- Illegal drugs are often sold on social media or the internet.
- These pills may contain drugs like fentanyl or methamphetamine (possibly at deadly levels) without a person knowing.
- It is important to only take pills prescribed for you by a health care provider.

*“Pills purchased via social media, given to someone by a friend, or obtained from an unknown source may contain deadly fentanyl.”*

- Dr. Nora Volkow, Director of the National Institute on Drug Abuse





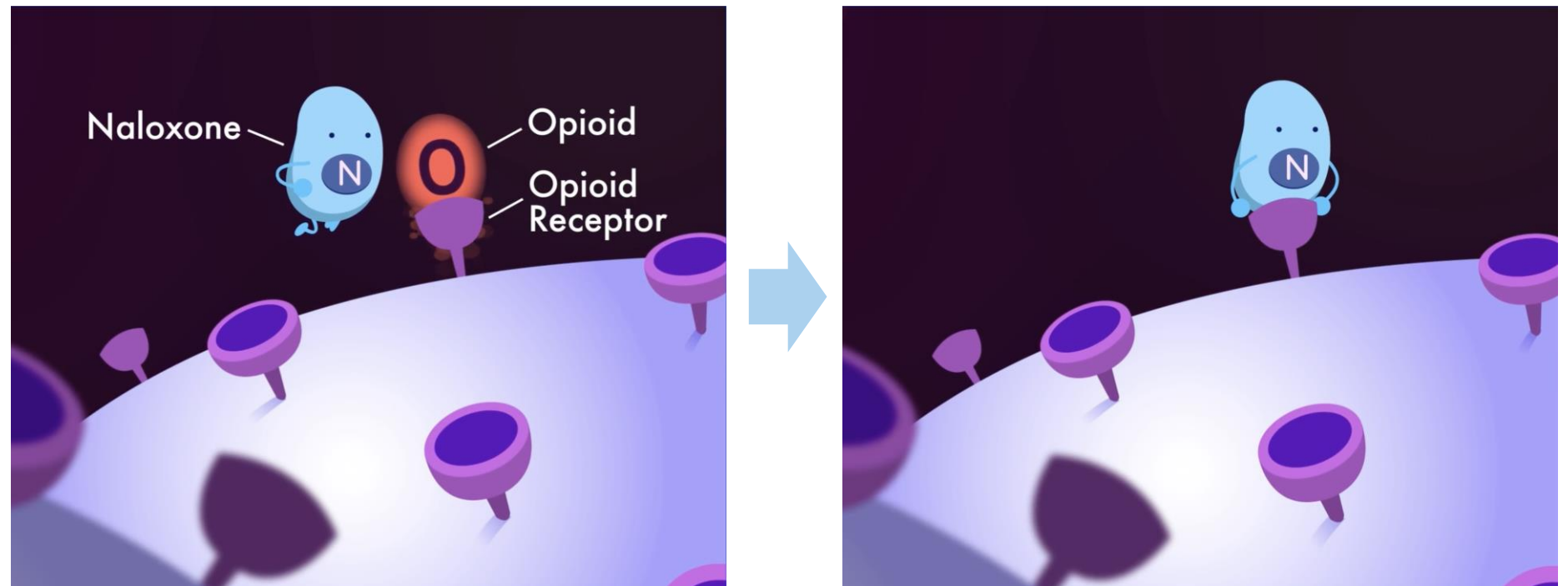
# What Are Opioid Overdose Reversal Medications?

- Medicines that can reverse an overdose from opioids in 2-3 minutes.
- There are two types of opioid overdose reversal medications: naloxone and nalmefene.
- Both types come in a nasal spray version that is small and easy to use.
- Naloxone is available over the counter without a prescription. Nalmefene is only available with a prescription.
- Naloxone medication is often referred to by the brand name Narcan.



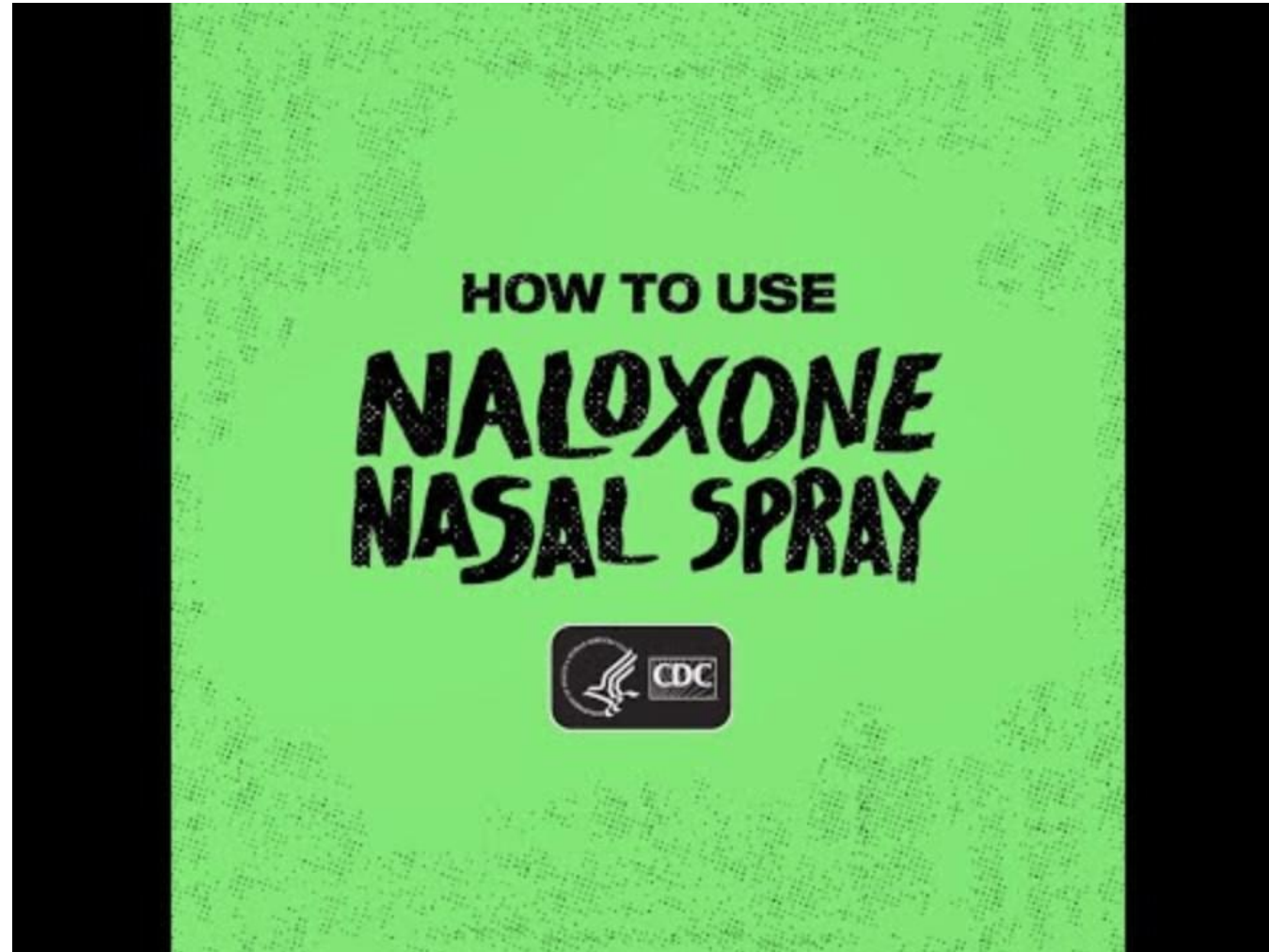
# How Naloxone Works: The Science

- Naloxone binds to opioid receptors in the nervous system, reversing and blocking the effects of opioids.





# How Naloxone Works: The Process



# When Should You Use Naloxone?

- If you think someone is experiencing an overdose (even if you're not completely sure), it's always best to use naloxone.





# Why Carry Naloxone?



**Swiftly administering naloxone can save a life!**

- Naloxone can quickly restore normal breathing in individuals whose breathing has slowed or stopped due to an overdose.





# How to Take Action

If you think someone is **experiencing an overdose**

- Call **911** and give the person naloxone.
- Try to keep them awake and breathing.



**In nearly 40% of overdose deaths,  
someone else was present.**





Naloxone

Demonstration





# What Do You Think?

- What is something that you know now that you didn't know before, about overdoses and/or naloxone?
- How ready do you feel to respond to someone experiencing an overdose?
- What would make you feel empowered to intervene if someone is experiencing an overdose?
- When might it make sense for you to carry naloxone?
- Who is one person in your life you would want to share this information with?





# You Can Make a Difference!

- Overdose can affect anyone. It can be scary, but knowing the steps to take can help save someone's life.
- If you would like to learn more about naloxone and how you can help, check out these resources.
  - [Naloxone Drug Facts](https://nida.nih.gov/publications/drugfacts/naloxone)  
<https://nida.nih.gov/publications/drugfacts/naloxone>
  - [Opioid Overdose Prevention and Response toolkit](https://store.samhsa.gov/product/overdose-prevention-response-toolkit/pep23-03-00-001)  
<https://store.samhsa.gov/product/overdose-prevention-response-toolkit/pep23-03-00-001>
  - [What to Do if You Think Someone is Overdosing](https://www.cdc.gov/stop-overdose/response/index.html)  
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8. [Statement from Dr. Rahul Gupta on Today's CDC Overdose Death Data](http://www.whitehouse.gov/ondcp/briefing-room/2022/05/11/statement-from-dr-rahul-gupta-on-todays-cdc-overdose-death-data-4) (2022). The White House. [www.whitehouse.gov/ondcp/briefing-room/2022/05/11/statement-from-dr-rahul-gupta-on-todays-cdc-overdose-death-data-4](http://www.whitehouse.gov/ondcp/briefing-room/2022/05/11/statement-from-dr-rahul-gupta-on-todays-cdc-overdose-death-data-4)
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