

## AFTERWARDS

- After the overdose, wash your clothes in hot water
- If the person you gave rescue breaths to has symptoms of COVID-19 you may have come in contact with the virus. It can take up to 14 days to develop symptoms, but the virus can be passed on to others before symptoms appear. Stay away from others for 14 days and try not to pass it on.

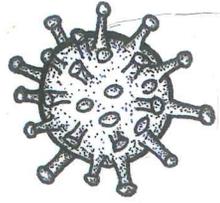
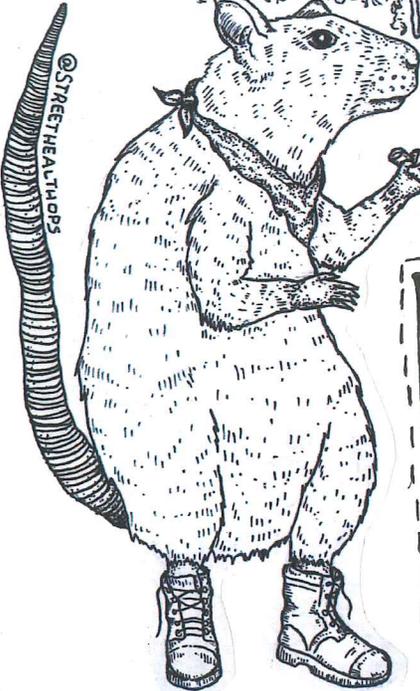
Take care of yourself and stay safe! ❤️

Whenever possible, make use of your local Overdose Prevention Site & Harm Reduction Services!

Hours of operation may have changed due to the uncertainty of this pandemic, so call ahead if you're able. Here's a list of LOCAL

RESOURCES and their current hours during COVID-19:

END THE WAR ON PEOPLE WHO USE DRUGS



# naloxone & Covid-19

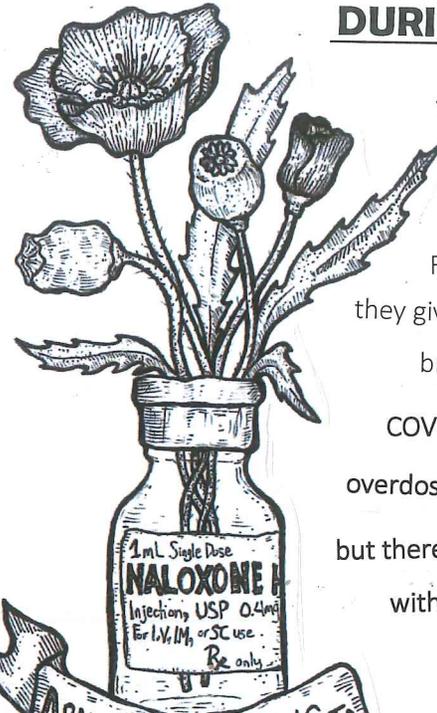
## RESPONDING TO OVERDOSES

### DURING COVID-19

You can give or get COVID-19 through rescue breathing and chest compressions.

Rescue breaths are important because they give oxygen to someone who isn't breathing on their own. To decrease risk of COVID-19 transmission, you can respond to an overdose by calling 9-1-1 and giving naloxone only, but there is a risk of brain damage if someone goes without oxygen for too long.

YOU CAN DECIDE if you feel comfortable taking the risk of giving rescue breaths.



## WHAT CAN I DO TO STAY SAFE?

There is no evidence that CPR masks prevent the spread of COVID-19 but using one may offer some protection.

### Call 9-1-1 Right Away

Paramedics have the tools to safely respond.

The Good Samaritan Law protects you from arrest for simple drug possession.

### Encourage Breathing First

Before doing rescue breaths rub the person's sternum with your knuckles and tilt their head back to open their airway. If they are still not breathing or are blue consider rescue breaths and/or chest compressions.

### Pick The Best Person To Help

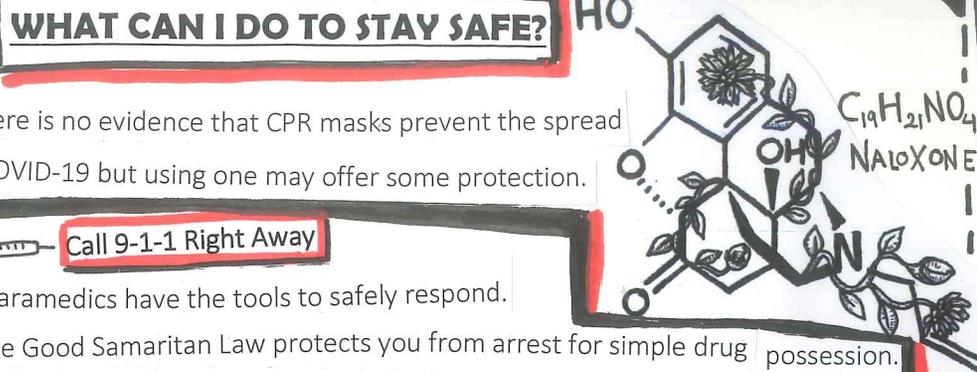
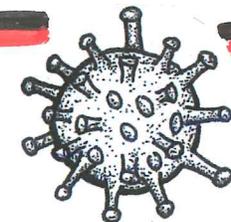
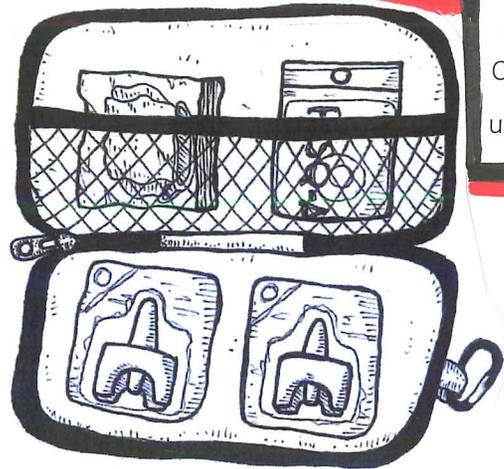
A partner or housemate who already shares germs with the person overdosing should be the person leading. If that is not an option, younger people without health conditions should lead.

### Clear The Area

Ask those who are not assisting to leave the area.

### Give Naloxone Faster

If you can't give rescue breaths, give a dose of naloxone every 2 minutes. Otherwise give naloxone every 2-5 mins until the person is breathing.



## USING A CPR MASK

Place the CPR mask found in your naloxone kit over the person's face and mouth. Make sure the writing on the mask is facing you.

Make sure there is a good seal between the mask and the person. Pinch their nose, tilt their head back and start rescue breaths.

If you must re-use a CPR mask, clean the mask after with soap and water.

If you do not have a CPR mask, you can use an article of clothing, like a t-shirt or bandana, as a barrier. It is unlikely to protect you completely, but better than nothing!

## WHAT ABOUT CHEST COMPRESSIONS?

Chest compressions are needed if someone does not have a pulse.

This is more likely to occur if you *did not see* the overdose happen and you *don't know* how long the person has been down for.

Cover a person's nose and mouth with a shirt or towel to reduce the risk of COVID-19 spread during chest compressions.

