



# Overdose Awareness, Prevention & Response

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## Presentation objectives

- Offer a picture of what drug overdose looks like in Idaho, with a particular focus on opioid overdose.
- Share actionable information about drug overdose

# Fentanyl

- Synthetic opioid
- Cheap to manufacture
- A little goes a long way
  - 50x more potent than heroin
  - Lethal dose 2mg
  - Highly addictive
- Inject, smoke, or snort
- Similar half-life to heroin (3-7 hours)
- Shorter duration in the body (30-60 minutes)
- Consequence: Use more frequently and increased risk injection-related infections

## **M30 pills**

These are the most common pills containing fentanyl in our area.



## **V48 & A215 pills**

These pills, although less common, may also contain fentanyl.



## **Powders**

Fentanyl can also be found in white powders.



September 26, 2019

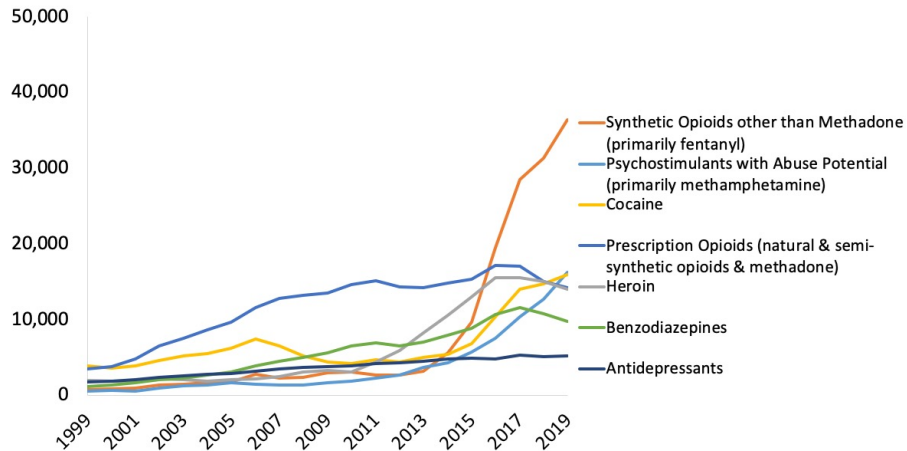
Public Health  
Seattle & King County



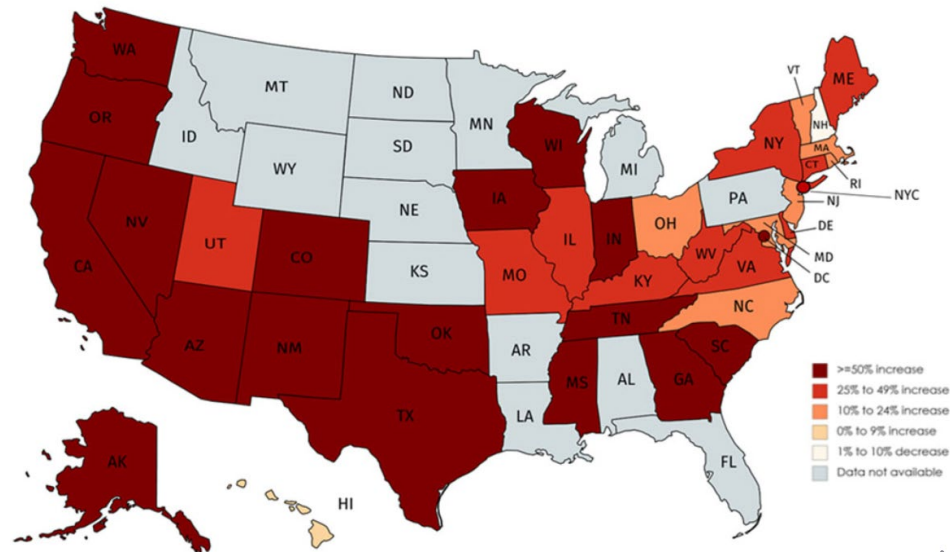
Lethal  
dose of  
fentanyl

# Fentanyl Epidemic in the US

**Figure 2. National Drug-Involved Overdose Deaths\*,  
Number Among All Ages, 1999-2019**

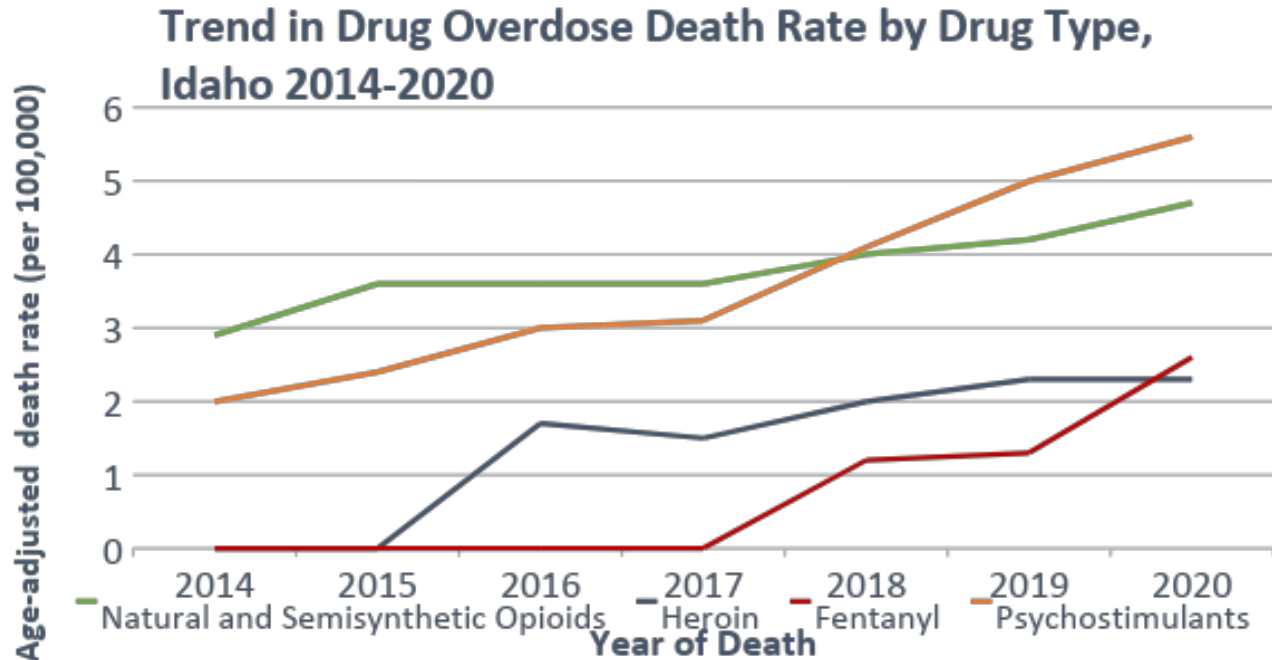


\*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999–2019 on CDC WONDER Online Database, released 12/2020.



Sources: [Mattson CL 2021 MMWR](#), [NIDA Overdose Death Rates](#), [CDCHAN-00438 Overdose & COVID](#)

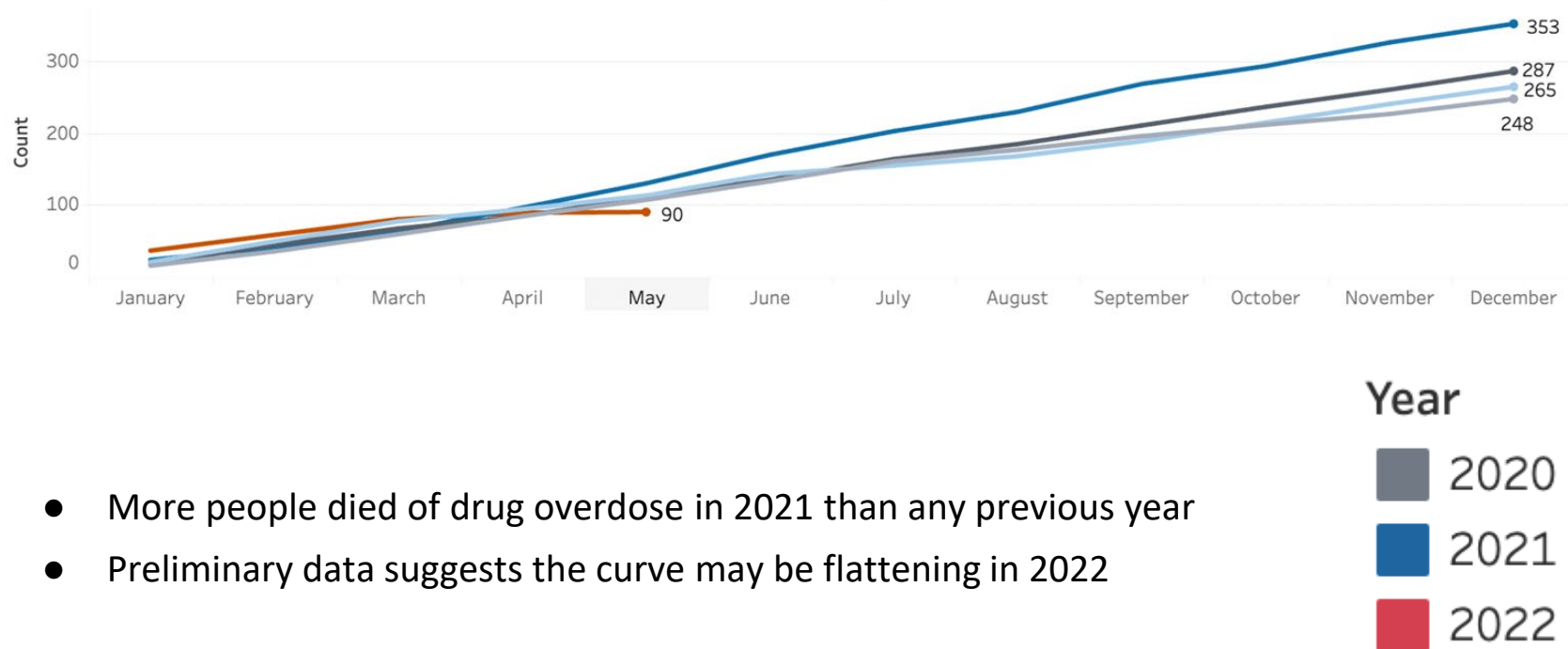
# Fentanyl Epidemic in Idaho



- 2019 – 32 (11% all drug overdose deaths)
- 2020 – 59 (21% all drug overdose deaths)
- 2021 - 152 (43% of OD deaths, 157% increase from 2020-2021)
- 2022 - 90 OD fatalities total

# Overdose in Idaho

Cumulative Drug Overdose Deaths by Month for 2018-2022\* (Preliminary)



- More people died of drug overdose in 2021 than any previous year
- Preliminary data suggests the curve may be flattening in 2022

# “Overamping”

- Stimulant overdose or bad reaction to a dose
- Symptoms:
  - Psychological
    - Panic
    - Paranoia
    - Hallucinations
    - Agitation
    - Aggression
  - Physical
    - Hyperthermia
    - Stroke
    - Seizures
    - Heart attack

**Responding to stimulant overuse and overdose**

There is **NO ANTIDOTE** to stimulant overdose.

**Call 911 Stay and help**

Canada's Good Samaritan Drug Overdose Act may protect you.

**Signs of stimulant USE**

Stimulants or "uppers" speed the body up, like amphetamines, crystal meth, cocaine, MDMA (Ecstasy or Molly), Ritalin, Adderall and caffeine.

- Rigid, jerking limbs
- Fast or irregular pulse or chest pains
- Skin feels hot, sweating or severe headaches
- Anxiety, paranoia, confusion, agitation or hallucinations

**What to do if someone has OVERUSED stimulants**

They may be *overamping* and need support and rest. Keep the person comfortable, conscious and hydrated.

- Remove any object nearby that could hurt them. Do not restrain them or put anything in their mouth.
- Encourage them to avoid using any more substances at this time.
- Provide a quiet, calm environment.
- Give them water and keep them hydrated.
- Place cool, wet cloths on their forehead, back of neck and armpits.
- Reassure them that symptoms will subside.

**Signs of stimulant OVERDOSE**

If a person is experiencing any of these signs, **call 911. Stay and help.** Get someone with training to do CPR if the heart has stopped.

- Crushing chest pain
- Seizures
- Unconscious or in-and-out

**There is no antidote to stimulant overdose. Call 911.**

Naloxone will not reverse a stimulant overdose but it can still help if a person has taken a mix of drugs. When in doubt, use naloxone. It's safe.

**Call 911. Stay and help.**

Canada's Good Samaritan Drug Overdose Act may protect you. More at: [canada.ca/opioids](http://canada.ca/opioids)

The law **DOES** provide protection from charges for:

- Simple possession (personal use)
- Violation of pre-trial release, probation order, conditional sentence or parole related to simple possession

The law **DOES NOT** provide protection from charges for:

- Selling illegal drugs (trafficking)
- Offences other than drug possession
- Any outstanding arrest warrants
- Violation of pre-trial release, probation order, conditional sentence or parole for an offence other than simple possession

**Tips for safer use**

- Try to use with at least 1 other person or use overdose prevention sites where available.
- Start low, go slow. Try to prepare doses yourself. Use a small amount first. Drugs may be stronger than you realize, especially if you're buying from a new dealer. Check drugs when available.
- Try not to mix substances. Avoid using alcohol.
- Take care of yourself. Try to eat something – you won't feel like eating after using. Keep water or juice to drink (non-alcoholic) on you to prevent dehydration.
- Have a safety plan. Tell someone you trust that you are using and let them know where you will be. Know the signs of stimulant overdose.

**toward the heart**

**CATIE**

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# Overdose Prevention Program



- Narcan and/or Naloxone
- CPR shields for rescue breathing
- Individual participants and organizations/agencies
  - Law enforcement
  - First responders
  - Shelters
  - SUD tx providers
  - Others



# Reducing Risk of Overdose

Risk factors for overdose:

- Recent release or discharge from institutions
- Recent overdose
- Health conditions
- Polysubstance use
- Poverty (and other social determinants)

# Step 1: Recognizing an overdose

## What to remember:

- **Not breathing**
- **Unresponsive**

### SIGNS OF AN OPIOID OVERDOSE

#### LOOK FOR THE FOLLOWING SIGNS:

PINPOINT PUPILS

CHOKING OR GURGLING

SLOW & LOW BREATHING

LIMP BODY

SLEEPY/NON-RESPONSIVE

PALE, BLUE OR COLD SKIN

# Idaho's Good Samaritan Law

**Intent:** To encourage people to call for help if they or someone else is experiencing a drug-related emergency, such as an overdose.

**Who is protected?** The caller and the person overdosing

Immunity from being charged and prosecuted for three specific crimes:

1. Possession of a controlled substance
2. Possession of drug paraphernalia
3. Being under the influence of a controlled substance

## Limitations of the law

- Probation or parole status can be revoked or modified
- Individuals may be charged with other crimes
- Individuals may be detained and held even though not charged

## Step 3: Give the Narcan/Naloxone

### PEEL



Peel back the package to remove the device. Hold the device with your thumb on the bottom of the plunger and 2 fingers on the nozzle.

### PLACE



Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

### PRESS



Press the plunger firmly to release the dose into the patient's nose.

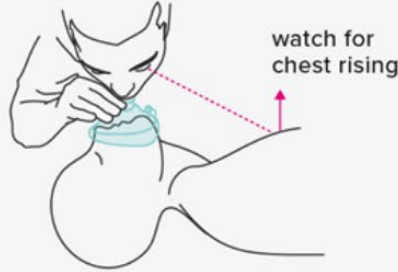
## Step 4: Rescue breathing

open airway



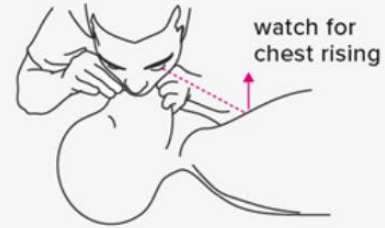
lift chin slightly  
to open airway.

rescue breaths



cover nose and mouth  
with mask

OR



pinch nostrils shut

**2** breaths each time, about **1 second apart**

## Step 5: Recovery Position & Handoff

- **Getting narcan-ed sucks**
- **Be kind and informative**
- **Follow up info for person who overdosed**



# Reducing Risk of Overdose

## Overdose prevention strategies:

- Adjust dosing
- Testing
- Snorting or smoking
  - [neverusealone.com](https://neverusealone.com)





# How to get Narcan?

- Idaho Harm Reduction Project
  - (208) 991-4574 ext: 4
  - <https://www.idahoharmreductionproject.org/>
- Next Naloxone
  - <https://www.nalxoneforall.org>



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