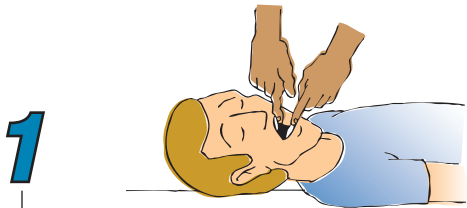


You can save a life today.

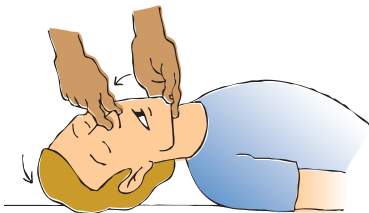
If you suspect someone is overdosing **Call 911** then...

Perform rescue breathing while waiting for help to arrive.



1

Make sure there is nothing in the mouth.



2

Tilt head back, lift chin and pinch nose.



3

Breathe into mouth once every **5** seconds!

Stay with the person.

If you can not stay, please leave the door open and place them into the recovery position!



(as seen to the right)

Overdose Facts

Overdose Risk Factors

- Using alone
- Mixing drugs such as opioids, benzos, and alcohol
- Reduced tolerance due to weight loss, health issues or period of non-use
- Surviving a past overdose
- Change in drug purity

Recognizing an Opiate Overdose

- Person will not wake up
- No response to yelling
- Blue lips or fingernails
- Clammy cool skin
- Shallow, slow breathing
- Seizures or convulsions
- No response to knuckles being rubbed hard on breast bone or gum line

If you suspect someone is overdosing...

CALL 911!

Use Narcan if you have it.

Don't wait.

Every second counts!



Lowell Health Department

341 Pine Street

Lowell, MA 01851

978-970-4010 Ext. (9) 4304

www.lowellma.gov/depts/health

(6/2010 mfr)

Opioid Overdose Prevention Facts



An Opioid includes heroin as well as a wide range of **prescription pain medications** such as OxyContin, Percocet and Vicodin.

Opioid overdoses are a significant problem in Massachusetts with two people dying each day.

The City of Lowell Health Department educates communities on the risks of overdose and how to prevent **accidental** deaths.

Made possible by the MassCALL2 Grant Initiative provided by the Massachusetts Department of Public Health



2003-2009 Lowell Statistics

- Death certificate data collected by the Lowell Health Department showed **140 Opioid-overdose related** deaths (these deaths include people with a Lowell address or someone who died in a Lowell hospital)
- (61%) of these Opioid overdose related deaths were **white males**
- (26%) of these Opioid overdose related deaths were **white females**
- (88%) of these Opioid overdose related deaths were **between the ages of 25 and 54**
- (42%) of these Opioid overdose related deaths listed a **prescription pain medication**, as the cause of death, not heroin (2009)
- (42%) of these Opioid overdose related deaths listed an **occupation related to the trades** (2009)

For further information visit

www.mass.gov

Search for Opioid Overdose Prevention

Unwanted Medication Disposal

What is in your medicine cabinet?

- Unused pain medication is often left in medicine cabinets and forgotten
- The number one place teens say **they get drugs** is out of his or her medicine cabinet at home or the home of a friend
- Flushing medications or washing them down the sink contaminates our water supply
- Drug residues have been found in lakes, rivers, and our **drinking water**
- When was the last time you cleaned out your medicine cabinet?

For more information contact your local health or police department.

Or call the Lowell Health Department at 978-970-4010 Ext (9) 4304

www.lowellma.gov/depts/health

Or Visit

www.deadiversion.usdoj.gov/

Learn to Cope Support Group

Learn to Cope is a **peer lead support group** for parents/family members or friends struggling with a member of the family who is addicted to Opioids/alcohol or other drugs

Every Wednesday • 7:00PM to 9:00PM
Saints Medical Center
One Hospital Drive • Lowell, MA
Main Entrance 1st floor conference room

- Learn to Cope was formed to support families/friends and educate them on addiction, overdose risk factors and prevention tips
- It provides resources and a place to go when feeling desperate or alone. This includes a 24/7 on-line **live confidential chat room**
- If you have a teen, friend or family member that is abusing drugs or have overdosed, there is hope, **you are not alone**
- There are also chapters in Brockton, Salem and Gloucester with others in the planning

For further information

www.learn2cope.org

(508) 801-3247