

CPR

1. CHECK the scene for safety, form an initial impression and use personal protective equipment (PPE)
2. If the person appears unresponsive, CHECK for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions
3. If the person does not respond and is not breathing or only gasping, CALL 9-1-1
4. Place the person on their back on a firm, flat surface
5. Give 30 chest compressions
 - Hand position: Two hands centered on the chest
 - Body position: Shoulders directly over hands; elbows locked
 - Depth: At least 2 inches
 - Rate: 100 to 120 per minute
 - Allow chest to return to normal position after each compression
6. Give 2 breaths
 - Open the airway to a past-neutral position using the head-tilt/chin-lift technique
 - Ensure each breath lasts about 1 second and makes the chest rise; allow air to exit before giving the next breath
7. Continue giving sets of 30 chest compressions and 2 breaths. Use an AED as soon as one is available!

For emergencies, please call 911

Source: American Red Cross

SUBSTANCE USE DISORDER

Substance use disorder is a disease that affects a person's brain and behavior and leads to an inability to control the use of legal or illegal drugs or medication.



Substances can include: alcohol, marijuana, fentanyl, cocaine, nicotine, and other illicit drugs.

Recognizing unhealthy drug use:

- Problems at School or Work
- Physical Health Issues
- Neglected Appearance
- Changes in Behavior
- Money Issues

Source: MayoClinic

WHY IT MATTERS?

Illegal markets are mixing fentanyl with other drugs such as heroin, cocaine, meth, MDMA, and now more recently, Marijuana. Fentanyl is odorless and tasteless. A small dose can put you at harm of overdosing.

A small amount can be fatal and lead to overdosing. It becomes especially fatal when overdosing leads to hypoxia, breathing slows down or stops, which can lead to a coma, permanent brain damage, or death.



SAY SAN DIEGO

GOOD SAMARITAN



What You Can Do if Someone is Overdosing

A project of SAY San Diego funded by the County of San Diego Health and Human Services Agency and Drug-Free Communities Support program.

SIGNS OF AN OPIOID OVERDOSE

- Pinpoint Pupils
- Choking or gurgling sounds
- Unresponsive
- Cold or clammy skin
- Slow or absent breathing
- Blue/gray lips or nails

*Source: CDC

IN CASE OF AN OVERDOSE:

1. Evaluate for signs of opioid overdose (symptoms above)
2. Call 911 for help
3. Administer naloxone
4. Begin CPR if not breathing
5. Stay with the person until 1st responders arrive

CALLING FOR HELP

When performing CPR or administering Naloxone to someone during an overdose, they may resuscitate. Regardless if they respond or not, **please call 911** to seek medical assistance, as it may save a life.



GOOD SAMARITAN

Good Samaritan Laws provide legal protection for individuals who call for emergency assistance or are under the influence in the event of a drug overdose.

11376.5 California Health and Safety Code. Good Samaritan law, states:

"It shall not be a crime for any person who experiences a drug-related overdose, as defined, who, in good faith, seeks medical assistance, or any other person who, in good faith, seeks medical assistance for the person experiencing a drug-related overdose, to be under the influence of, or to possess for personal use, a controlled substance, controlled substance analog, or drug paraphernalia, under certain circumstances related to a drug-related overdose that prompted seeking medical assistance if that person does not obstruct medical or law enforcement personnel."

Source: Drug Policy Alliance

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IMPORTANT TO KNOW:

"Seeking medical assistance" covers all forms of communication, including data from health-monitoring devices like smart watches, aimed at getting medical help.

Individuals can surrender suspected fentanyl-contaminated drugs to authorities without facing charges, with their identity protected and no obligation to reveal the source.

The law does not affect laws prohibiting the selling, providing, giving or exchanging of drugs, or laws prohibiting the forcible administration of drugs against a person's will. The law also does not offer specific protections from arrest for related charges, such as violation of parole or probation.

NALOXONE

Naloxone is a medication designed to rapidly reverse opioid overdose, it is commonly known as Narcan and Evzio.

You can get Naloxone through Medical, your doctor, or through Naloxone Distribution Projects.

