



SAN JUAN COUNTY
PARTNERSHIP

overdose
prevention

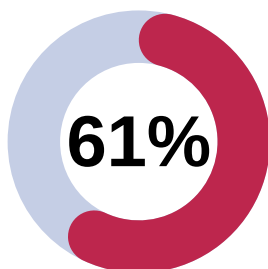
IN 2023, THERE WERE

49

DEATHS DUE TO DRUG OVERDOSE
IN SAN JUAN COUNTY

Source: CDC WONDER

OVER HALF



DRUG OVERDOSE DEATHS
IN 2023 IN SAN JUAN COUNTY
INVOLVED **AN OPIOID**
(PRESCRIPTION OPIOIDS,
HEROIN OR FENTANYL)

32%

OF ALL OVERDOSE DEATHS
IN 2023 IN SAN JUAN COUNTY
INVOLVED **ALCOHOL**

*NOTE: All overdose deaths include 49 deaths due to
drug overdose plus 11 due to alcohol poisoning alone.*

**Eight overdose deaths in 2023 involved
both alcohol and other drugs.**

Safe Use Can Prevent an Overdose



Know how and when to take your medications

If you are taking more than one medication make sure that you know what can be taken together and what might cause interactions.



Know what you are taking

Don't take unknown pills or mix pills with each other unless you have asked a doctor or pharmacist about possible interactions.



Don't mix alcohol with other drugs

Using alcohol at the same time as medications, or other drugs, can cause harmful and dangerous effects and can lead to an overdose.



If you take any kind of opioid make sure friends & family have Naloxone / Narcan & know how to use it

Naloxone is a medicine that rapidly reverses an opioid overdose. It is not long acting so the person administering naloxone will still need to call 911 and / or monitor you.



To learn more about safe use

www.harmreduction.org

What is polysubstance use?

Polysubstance use is taking two or more substances at the same time or within a few hours of one another.



Mixing different drugs is something many people do, but it's dangerous.

Alcohol, opioids, marijuana (cannabis), and over the counter medications are all **drugs** and can interact with each other just like prescription drugs.

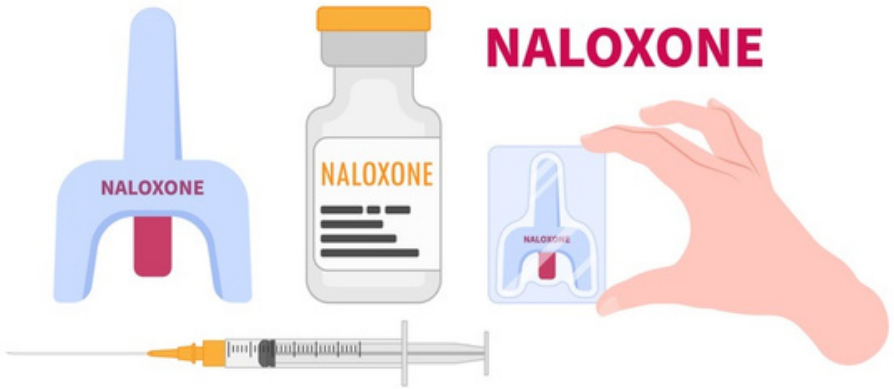
Sometimes, people mix substances **on purpose to make the effects stronger**, while other times it happens by **accident, for example when fentanyl is mixed into drugs**.

No matter how it occurs, mixing drugs raises the chances of bad things happening:

- It can make the effects stronger.
- You can't predict what will happen.
- The risk of overdosing goes up.

The New Mexico
Good Samaritan Law
helps protect people from
drug related charges
when they call 911 to
assist a person who is
overdosing.





What is Naloxone?

Naloxone (also called Narcan) is a medicine that rapidly reverses an opioid overdose.

Naloxone can quickly restore normal breathing in a person if breathing has slowed or stopped due to an opioid overdose.

But, naloxone has no effect on someone who does not have opioids in their system, and it is not a treatment for opioid use disorder.



Signs of an Opioid Overdose

SIGNS OF AN OPIOID OVERDOSE **B.L.U.E**

BREATHING



Breathing during an overdose is shallow, gurgling, erratic, or completely absent.

LIPS



Lips and fingers are blue, due to decreased oxygen throughout the body.

UNRESPONSIVE



The person will not respond to verbal or physical stimulation.

EYES



Pupils are pinpoint, as the opioids constrict the pupils to an unusually small size.

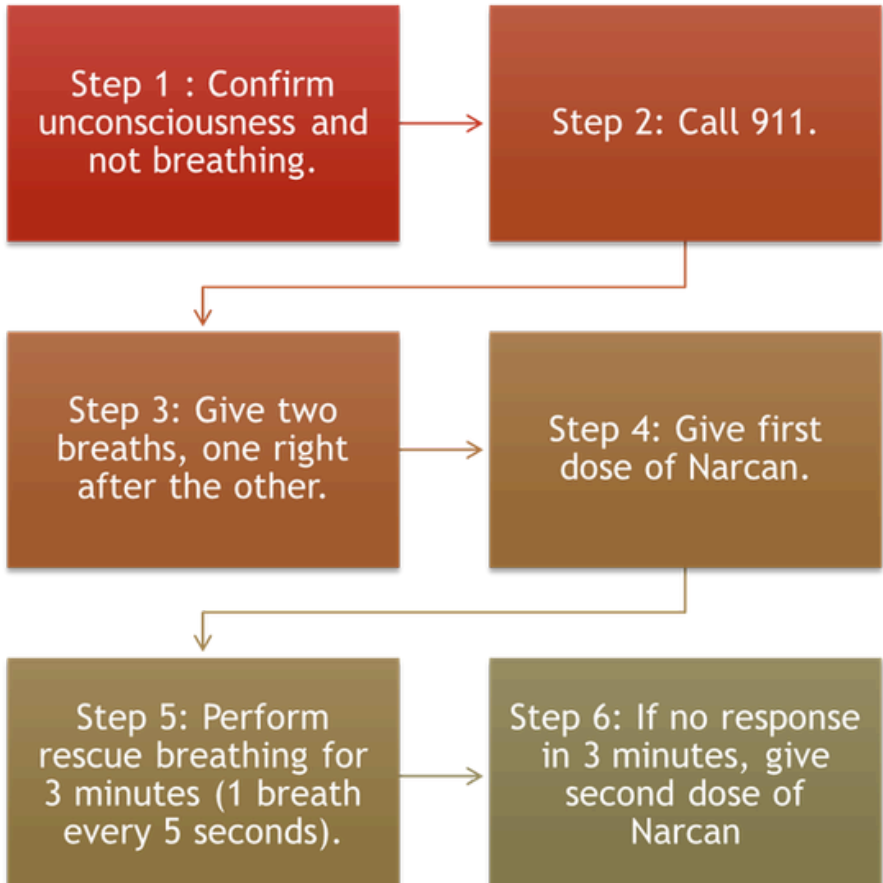
Decreased respirations or not breathing at all
(A person normally takes a breath 12 – 20 times per minute,
or 1 breath every 5 seconds).

Blue or purplish skin
(especially around lips and nail beds).

Unconscious, unresponsive (won't wake up).

Pinpoint pupils
(enlarged pupils usually more typical of a head injury)

Responding to an Overdose



What is MAT?

MAT or Medication Assisted Treatment is an evidence based treatment program for alcohol or opioid use disorders.

The FDA has approved several different medications to treat alcohol use disorders (AUD) and opioid use disorders (OUD). These medications relieve the withdrawal symptoms and psychological cravings that cause chemical imbalances in the body.

Medications used are evidence-based treatment options and do not just substitute one drug for another.

Research shows that a combination of medication and therapy can successfully treat substance use disorders, and, for some, medications can help sustain recovery. Medications are also used to prevent or reduce opioid overdose.

<https://www.samhsa.gov/medications-substance-use-disorders>

Getting help...

Find resources and a list of
Medication Assisted Treatment (MAT)
locations
at doseofreality.com

Contact San Juan County Partnership
for in person training on Naloxone and
overdose prevention

Find services at a public health office
near you at
www.nmhealth.org/location/public



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