

ANYONE CAN OVERDOSE NALOXONE SAVES LIVES



In 2020, 1,372 people
died from a drug
overdose in CT

94%
of those deaths
involved opioids

(CTDPH, 2021)

Naloxone (Narcan) temporarily reverses an opioid overdose allowing time to access medical attention.

- Easily administered
- Comes in various forms including a nasal spray
- Harmless if administered in error

Your local health department offers **free training on overdose prevention and response.**

**While we hope you'll never need to use it,
be prepared to respond using Naloxone.
Scan the QR Code with your camera to learn more**



The Quinnipiack Valley Health District
www.Connectgnh.org
connect@qvhd.org | (203) 800-6749



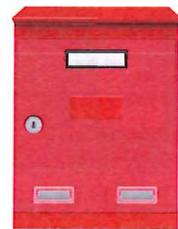
SAFE STORAGE & DISPOSAL OF HOUSEHOLD MEDICATIONS



Everyone has medications in their home, it's important you do your part to ensure medications are used properly & responsibly.

More than 50% of opioid misuse starts with excess pills being used by others who have access to them. (CTDPH, 2020)

Most local police stations have **medication drop boxes** in their front lobby where you can drop off any unneeded medications year round. The boxes are safe, easy, and all drop offs are confidential, no questions asked.



Accepted Items: Over the counter medications, prescription medications, medication samples, medications for household pets, medicated lotions or ointments

Drop off locations:

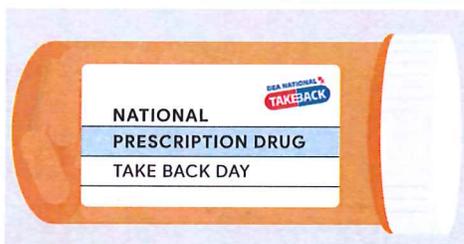
**Bethany
CT Troopers Office
631 Amity Road**

**Hamden
Police Department
2900 Dixwell Avenue**

**New Haven
Police Department
1 Union Avenue**

**North Haven
Police Department
8 Linsley Street**

**Woodbridge
Police Department
4 Meetinghouse Lane**



National Prescription Drug Take Back Day is a bi-annual event that allows residents across the U.S. to safely dispose of any unneeded or expired medications. Pop up locations are available across the state typically on the last Saturday in April & October from 10AM-2PM

Visit <https://takebackday.dea.gov/> to find an event near you.

FENTANYL DRUG WARNING

Fentanyl is a synthetic opioid that is being mixed into cocaine, heroin, counterfeit pills, and other illicit drugs.



Fentanyl is nearly undetectable and may be unknowingly mixed in the drugs you are using without warning.

Naloxone (Narcan) can reverse a fentanyl or opioid related overdose by temporarily restoring your ability to breathe.



In 2019 Fentanyl was involved in

82% OF THE 1200
FATAL OVERDOSES
in Connecticut.

FENTANYL IS
50-100x
MORE
POTENT THAN
MORPHINE

If you or someone you know is at risk for overdosing, ConneCT with our Overdose Data to Action Team by calling or texting **(203) 800-6597** for free Narcan and other support/treatment resources.

OVERDOSE PREVENTION & RESPONSE

In 2020, 1,378 people lost their life to a fatal overdose in Connecticut. A total of 12,176 non-fatal overdose events were reported to local emergency departments during the same time period.



WHAT ARE THE SIGNS OF AN OPIOID OVERDOSE?



skin feels cold and clammy

fingernails or lips are blue or purple



body is limp

can't wake the person up



deep snoring or gurgling sounds

breathing is very slow, erratic or has stopped



pupils are very small

ANYONE CAN OVERDOSE

Opioids like heroin, fentanyl, or prescription drugs, can cause a person to stop breathing. Fentanyl, a powerful opioid, was involved in 85% of the fatal overdose deaths in 2020.



Factors that increase the risk of overdose include:

- Using street bought products including, but not limited to, heroin, cocaine, Xanax, methamphetamine, and other stimulants, these products are often mixed with fentanyl.
- Taking prescription opioids that were not prescribed to you
- Obtaining opioids from an unregulated source where their quality and potency are not known
- Having overdosed on opioids before
- Using opioids again after having stopped for a while, which lowers tolerance
- Using opioids alone

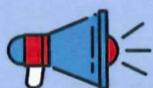
The Quinnipiac Valley Health District (QVHD) & The New Haven Health Department (NHHD)
www.connectgnh.org
CONNECT@qvhd.org
CONNECT WITHOUT STIGMA



ANYONE CAN SAVE A LIFE USING NALOXONE

- Naloxone, also known as Narcan, temporarily reverses an opioid overdose allowing time to access medical attention.
- Naloxone comes in various forms, including a nasal spray and is harmless if administered to someone who is not overdosing.
- Narcan is available at most local pharmacies without a prescription.
- For free training & overdose response kits, contact your local health department by calling or texting (203) 800-6749.

RESPONDING TO AN OVERDOSE WITH NARCAN NASAL SPRAY



Step 1: Stimulation

Try to wake the person up, call their name, rub your knuckles hard against their sternum/breastbone/bony area between ribs.



Step 2: Call 9-1-1

It's important to ensure help is on the way before doing anything else. Let the operator know the person is unresponsive, tell them exactly where the person can be found.



Step 3: Administer Naloxone (Narcan)

Lay the person on their back, tilt their head back while supporting their neck with one hand. Insert the tip of the Narcan nozzle into one nostril. Firmly press the plunger.

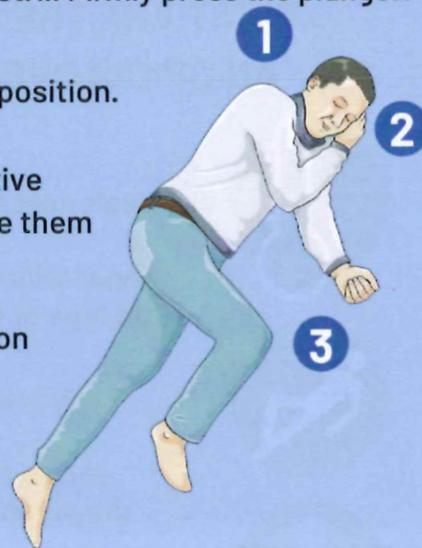


Step 4: Check Breathing

If the person IS breathing, put them in the recovery position.

If the person is NOT breathing, use personal protective equipment (gloves, breath barrier device) if you have them available and begin providing rescue breathing.

- 1 Roll the person onto their back, place one hand on the person's chin, tilt their head back and pinch their nose closed.
- 2 Seal your mouth over theirs and breathe in one breath every five seconds.
- 3 Their chest should rise; not their stomach.



Step 5: Reassess

If there is no response after 2-3 minutes, give the person another dose of naloxone and continue to watch them. Continue rescue breathing until the person responds or until EMS arrives.

The City of New Haven proudly introduces

SYRINGE DISPOSAL TREES

Stationed in 3 locations throughout the city, the Syringe Disposal Trees are designed for anyone needing to safely discard of used syringes (needles).

MORE THAN **385,000** syringes were distributed to New Haven Residents in 2019.

Locations:



Howard & Minor



Grand & Ferry



Congress & Davenport

How do they work?

Place any used syringes down the arms of the tree's.

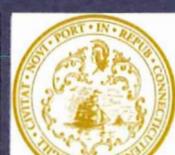
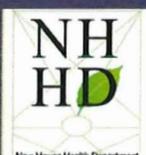
New Haven's Syringe Service Providers will routinely check the tree's collection boxes and dispose of any returned syringes.

For bulk disposal, harm reduction supplies, treatment or other support, contact:

Sex Workers & Allies Network (SWAN): 203-868-0134

Community Health Care Van (CHCV): 203-823-0743

For other Health & Human Services Dial 2-1-1



Yale
Community
Health
Care Van



Good Samaritan Law:

In Connecticut, anyone who calls 9-1-1 or helps someone who is overdosing is protected from arrest for possession of drugs/paraphernalia.

Make the right call: **Call 9-1-1 if you suspect an overdose.**

**ANYONE CAN OVERDOSE.
ANYONE CAN CALL.
ANYONE CAN SAVE A LIFE.**

