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 Quinnipiac 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.
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.

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

Connect with 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): 203-866-0134
Community Health Care Van (CHCV): 203-823-0743
For other Health & Human Services Dial 2-1-1
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.

The Quinnipiac Valley Health District (QVHD) & The New Haven Health Department (NHHD)
(203) 248-4528 | www.connectgnh.org | CONNECT@qvhd.org | CONNECT WITHOUT STIGMA