

GET THE OPIOID FACTS YOU NEED

By recognizing the signs of overdose, knowing how to respond, and acting quickly you can save a life!



WARM, HELP, & HOT LINES:

The best thing you can do if you are looking for help for yourself or are concerned about someone else in your life is reach out for help.

Riverside County CARES Line:

800-499-3008

If you need someone to talk to, are concerned about someone, need help finding a local resource, or assistance navigating treatment options contact the CARES Line 24/7 for free and confidential local help. Assistance available in English and Spanish.

SAMHSA's National Helpline:

1-800-622-HELP (4357)

Free, confidential, 24/7 365-day-a-year treatment referral and informational services (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

National Suicide Prevention Lifeline:

800-273-8255

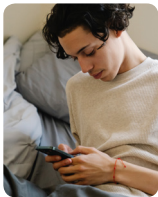
The National Suicide Prevention Lifeline provides 24/7 free support for individuals in distress, as well as prevention, crisis resources, and best practices for professionals.

If you believe an individual may have overdosed, they show changes in consciousness, are having difficulty breathing or displaying signs of a heart attack call 9-1-1 immediately.

For more information visit:
[OverdosePreventionRivco.org](https://www.OverdosePreventionRivco.org)

HOW TO RECOGNIZE AN OPIOID OVERDOSE:

- Small constricted “pinpoint” pupils
- Reduced level of consciousness or loss of consciousness
- Slow shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue or cold/clammy skin



HOW TO RESPOND TO AN OPIOID OVERDOSE:

It is at times difficult to tell whether a person is high or experiencing an overdose. If you aren't positive, it is best to treat it like an overdose.

- 1 Call 9-1-1 immediately**, all you have to say is “Someone is unresponsive and not breathing” and provide a clear address and/or description of your location
- 2 Administer Naloxone**, if available
- 3 Try to keep the person awake and breathing**, perform rescue breathing if needed
- 4 Put the person on their side**, in a recovery position
- 5 Stay with them** until the emergency workers arrive