**Opioid Awareness**

**How You Can Save A Life**

**BACKGROUND**

Opioids medications cover a broad spectrum of prescription and non-prescription drugs. They can affect a person’s ability to breathe, and when used in excess, can rapidly cause a person to become unresponsive and stop breathing. Opioid medications are prescribed by physicians for pain relief purposes; however, patients can sometimes build a tolerance and take more than recommended to achieve pain relief. This increase in opioid dependency can lead to a patient overdosing, and ultimately dying due to respiratory arrest.

Health officials say while the safest way to protect yourself is to refrain from using illegal drugs, they say the following tips will help lessen the risk of an overdose: get naloxone, consider testing for fentanyl, know the signs of overdose and be ready to call 911, connect with treatment.

San Luis Obispo County lost 22 victims to opioid related deaths in 2017.

**COMMON PRESCRIPTION OPIOIDS ARE:**
- Heroin
- Actiq
- Duragesic
- OxyContin
- Fentanyl
- Dilaudid
- Sublimaze
- Percocet
- Percodan
- Hydromorphone
- Oxycodone
- Morphine
- Demerol

**MEDICATION TO HELP**

Naloxone (trade name Narcan) is a medication that blocks the receptors in your body that react to opioids, restoring a patient’s ability to breathe. Fire department and ambulance EMT’s and paramedics carry this medication and administer it successfully on patients who overdose on opioids. Recently, Narcan has become available from the SLO Bangers Syringe Exchange and Overdose Prevention Program at no cost, with no prescription or medical qualifications needed. The county Board of Supervisors approved a $27,500 grant by the state Department of Public Health that will pay for 686 doses of Narcan nasal spray.

It is recommended that people who use opioids, or are around those who use opioids, carry this life saving medication with them. The device that delivers the drug sprays a controlled dose into the victim’s nostrils, and does not require the use of a needle or other invasive procedure.

More information on where to acquire Narcan is available from the San Luis Obispo County Public Health Department, at 805-458-0123 or https://www.slocounty.ca.gov/

Narcan is not designed to cure someone from overdoing on an opioid, it is a life saving medication that restores the victim’s ability to breathe. Long term treatment and help on opioid addiction is available at the website above.
Mental Health, Drug & Alcohol Services

SLO Adult Services: 2178 Johnson Ave, SLO (805)781-4700
For emergency referrals 24/7 and appointments (800)838-1381
Youth Services Clinic: 1989 Vicente Dr, SLO (805)781-4179

Drug and Alcohol Services
For emergency referrals 24/7 and help (800)838-1381
J2180 Johnson Ave, SLO (805)781-4275

Transitions-Mental Health Association
(805)540-6500
Eliminating stigma, and promoting recovery and wellness for people with mental illness through work, housing, community and family support services
784 High St, SLO (Mon-Fri, 8:00am-5:00pm)

Alcoholics Anonymous (805)541-3211
www.sloaa.org

Narcotics Anonymous (800)549-7730
www.centralcoastna.org

Fentanyl Information
www.cdc.gov/drugoverdose/opioids/fentanyl.html

County of San Luis Obispo Drug & Alcohol Services