

STOP OVERDOSE

20
DEATHS
IN 2013

61
DEATHS
IN 2015

Overdose deaths in North Dakota increased from 20 deaths in 2013 to 61 deaths in 2015.

CDC/NCHS, National Vital Statistics System, Mortality



WHO IS AT RISK?

- People who use or misuse prescription opioids
- People who use opioids in combination with other sedating substances
- People with an opioid use disorder
- People who inject opioids
- People released from incarceration with a history of opioid use disorder
- People with an opioid use disorder in an abstinence-based treatment program
- People with an opioid use disorder after a period of abstinence

STRATEGIES TO PREVENT OVERDOSE DEATHS

1. Advocate for individuals to have access to Medication Assisted Treatment, an effective strategy to treat opioid use disorder.
2. Promote safe disposal of unused medications by encouraging use of local Take Back locations. For locations in your community, visit takeback.nd.gov.
3. Educate persons at high risk, their family members, and friends about overdose prevention.

SIGNS OF AN OVERDOSE

- Face is clammy to the touch and has lost color. Vomiting or gurgling noises.
- Body is limp. Fingernails or lips have a blue or purple tinge.
- Sleep is deep and cannot be awakened. Difficulty speaking.
- Breathing is slow or has stopped.
- Heartbeat is slow or has stopped.

Source: Substance Abuse and Mental Health Services Administration. SAMHSA Opioid Overdose Prevention Toolkit. HHS Publication No. (SMA) 16-4742. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2016.

RESPONDING TO AN OVERDOSE

- Call 911 and administer naloxone.
- Do rescue breathing or chest compressions. Follow 911 dispatcher directions.
- Remain onsite until assistance arrives and cooperate with first responders. The North Dakota Good Samaritan Law protects you so you can protect your friend.

NALOXONE

Naloxone is a prescription medication that temporarily reverses an opioid overdose. Sold under the brandname Narcan® or Evzio®, the medication can be given by intranasal spray or auto-injector.

Individuals at high risk of an opioid overdose and their family members can talk to a doctor or local pharmacist about obtaining a naloxone prescription.



For more information, visit prevention.nd.gov/stopoverdose

Created in partnership with the Reducing Pharmaceutical Narcotics in our Communities Task Force

