

JUST SAY “KNOW” TO PREVENT OD

Honest conversations with or between friends who use opiates are crucial to keeping them alive. We have compiled a helpful list that you can use when talking to those you love about how to respond in case of an overdose. Do this today, and have a safety plan ready **BEFORE** an emergency arises.

OD Prevention/Management Checklist

- 1) Do you know OD prevention techniques?
- 2) Do you know when to act for them (color/breaths)?
- 3) Do you know if/when they want you to call 911?
- 4) Do you know if/when they want rescue breathing?
- 5) Do you know if/when they want naloxone?
- 6) Do you know how and where they want naloxone given and how much?
- 7) Do you know if/when they want to go to the hospital ER?
- 8) Have you agreed to stay with them to support them while naloxone wears off (about an hour after it is given)?
- 9) Have you gotten them to commit to not use again while they
- 10) Do you know where they keep their naloxone, and do they know where you keep yours?

BONUS: Are there other comments you noted during this conversation?