

# RECOGNIZE AND RESPOND TO *SIGNS OF OVERDOSE*

## What is naloxone (Narcan) and where can I get it?

It is a medication designed to rapidly reverse an opioid overdose. Naloxone **will not** harm someone if you give it to them and they are not overdosing



## Signs of an opioid overdose:

- Small, constricted “pinpoint pupils”
- Shallow or no breathing
- Blue or grayish lips and fingertips
- No response to sternum rub (stimulus) / limp body
- Gurgling / heavy breathing or snoring sound

## How to respond to an overdose:

1. Call 911
2. Administer naloxone if available
3. Try to keep the person awake and breathing
4. Lay the person on their side to prevent choking
5. Stay with the person until emergency assistance arrives

## Video: How to use Narcan



## There are several ways to get FREE naloxone on campus:

- At the **Health Center at Auraria** located in the **Plaza Building**
- In a campus-taught **Opioid Overdose Training** class
- At the **Lynx Central** front desk located in Student Commons
- **Emergency AED locations** (only in CU Denver buildings)

## What is fentanyl and why is it dangerous?

Pharmaceutical fentanyl is prescribed by doctors to treat severe pain. Most recent cases of overdoses are linked to illicitly manufactured fentanyl. It is often added to other substances like counterfeit pills (oxy/M30s, Adderall, Xanax) or powders such as cocaine.



### Just a small amount can be deadly

Experts consider **2mg** to be lethal, but many counterfeit pills can contain more than twice the lethal dose. The powder next to the penny is approximately what a lethal dose of fentanyl looks like.

Colorado authorities have seen a large influx entering our state. The CDC announced that fentanyl overdoses (unintentional poisoning) are now the leading cause of death among adults 18-45 years old.



## Substance Abuse and Recovery Resources



Health Center at Auraria: <https://healthcenter1.com/substance-abuse/>

After hours CRISIS SUPPORT: 303-615-9911

CU Denver Counseling Center: <https://www.ucdenver.edu/counseling-center>

Auraria Recovery Community: <https://www.aurariarecoverycommunity.com/>

Narcotics Anonymous – Denver: <https://denverna.com/>

National CRISIS line: Dial 988

### Questions?

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