

## Overdose Prevention

Overdose is most common when:

- Tolerance is down after not using heroin or methadone (eg. incarceration, detox or drug-free drug treatment)
- When mixing drugs especially alcohol or benzodiazepines
- When using drugs alone

Recognizing overdose:

- Person is unconscious, breathing very slowly and doesn't respond to:
  - \* Yelling their name
  - \* Rubbing knuckles on the breast bone

### ACTION

Check breathing: Look, listen and feel  
If not breathing call 911 and start rescue breathing and/or give Naloxone

Call 911

- Give address/location
- Say "my friend is unconscious and I can't wake her up" or "my friend isn't breathing". You don't need to say that any drugs have been taken until the ambulance arrives

Rescue breathing

- Make sure there is nothing in the mouth
- Tilt head back, lift chin, pinch nose
- Give a breath every 5 seconds

Give Naloxone

- Pop off caps and screw the vial into the barrel
- Inject into upper arm, or thigh
- Repeat after 3 minutes if not waking up and call 911 if you haven't yet

After Naloxone

- Remind the person that Naloxone will wear off in a little while and they will stop feeling dope sick
- Stay with them until they go to the hospital

The Harm Reduction Coalition (HRC) is committed to reducing drug-related harm among individuals and communities by initiating and promoting local, regional and national harm reduction education, interventions and community organizing. HRC fosters alternative models to conventional health and human services and drug treatment; challenges traditional client/provider relationships; and support to health professionals and drug users in their communities to address drug related harm.

The Harm Reduction Coalition believes in every individual's right to health and well-being as well as in their competency to protect and help themselves, their loved ones, and their communities.



Tel: 212-213-6376

Fax: 212-213-6582

[www.harmreduction.org](http://www.harmreduction.org)

## SAVE THE DATE!

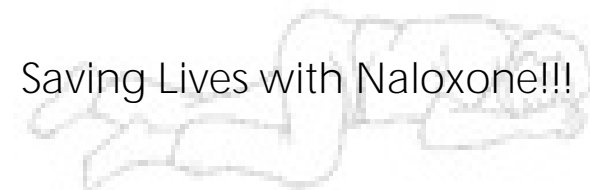
The Sixth National Harm Reduction Conference:  
**Drug User Health: The Politics and the Personal**

Oakland Marriott City Center  
Oakland, CA - November 9-12, 2006

For more information visit:  
[www.harmreduction.org/6national](http://www.harmreduction.org/6national)

## Harm Reduction Coalition

# Opiate Overdose Prevention Symposium



Wednesday  
April 19, 2006  
Penntop North  
Hotel Pennsylvania  
401 Seventh Avenue  
(at 33rd St., 12th Floor)  
New York, NY 10001

Co-sponsored by:  
New York State Department of Health  
New York City Department of Health  
and Mental Hygiene

Dear Friends and Colleagues:

Opioid overdose is a significant cause of death in New York City.

On April 1, 2006, a new law will take effect in New York State allowing the administration of naloxone (Narcan) by a non-medical person in case of an overdose. The New York State Department of Health has established regulations for opioid overdose prevention programs so that opioid users and others can be trained in overdose prevention including the administration of naloxone.

The Harm Reduction Coalition, in collaboration with New York City syringe exchange programs, has been running the SKOOP (Skills and Knowledge on overdose Prevention) project for 1 year. SKOOP has prescribed and distributed nearly 1000 naloxone kits at the syringe exchanges in New York City. The project is also able to offer technical assistance to agencies wishing to set up their own overdose programs.

This symposium is intended for staff of medical, social service and drug treatment programs to learn about this new initiative so that offering overdose prevention skills to opioid users and others can become a standard of care. The regulations will be outlined and existing programs both nationally and here in New York City will be described.

## Tentative Program

### Penntop North

- 8:15 – 8:45 am - Registration and Breakfast
- 8:45 – 9:00 am - Welcoming Remarks  
Scott Kellerman, MD, MPH  
Assistant Commissioner for HIV/AIDS Services  
NYC Department of Health and Mental Hygiene
- 9:00 – 9:15 am - It Works!  
Yolanda Birthwright  
and a successful user of Naloxone  
Lower East Side Harm Reduction Ctr.
- 9:15 – 10:00 am - Opioid Overdose Prevention Overview  
Sharon Stancliff, MD  
Harm Reduction Coalition  
Rafael Torruella  
CitiWide Harm Reduction
- 10:00 – 10:30 am - Epidemiology of Overdose  
National Overview of Overdose Prevention Services  
Susan Sherman, PhD  
Johns Hopkins University
- 10:30 – 10:45 am - New York State Perspective  
Guthrie Birkhead, MD, MPH  
Director, AIDS Institute and Center for Community Health,  
NYS Department of Health
- 10:45 – 11:00 am - Break
- 11:00 – 11:40 am - What is the Law?  
What are the Regulations?  
Alma Candelas, MPH  
AIDS Institute  
NYS Department of Health
- 11:45 – 12:30 pm - Training in Action  
Randy Seewald, MD  
Beth Israel Medical Center  
Migdalia Delgado  
St. Ann's Corner of Harm Reduction  
Raymond Ganoe  
Project Reach, Buffalo, NY
- 12:30 – 12:45 pm - Closing Remarks  
Sharon Stancliff, MD  
Harm Reduction Coalition

## Registration Form Overdose Symposium April 19, 2006

---

Name

---

Organization/ Company

---

Address

---

City State Zip Code

---

Tel Fax

---

E-mail

The Harm Reduction Coalition, the New York City Department of Health and Mental Hygiene and the New York State Health Department are providing this important symposium free of charge. Many service providers and concerned citizens of the Tri-state area are eager to attend.

Space is limited and we don't want to turn people away. **Upon registering please, DO make a commitment to attend.** We appreciate your interest and cooperation.

Please detach this form and fax it back to:  
Harm Reduction Coalition  
Adriana Koehn  
Overdose Symposium  
Fax: 212-213-6582

For conference information, please call 212-213-6376 32 or e-mail [conference@harmreduction.org](mailto:conference@harmreduction.org).