

SAVE A LIFE!

**Get Naloxone /
Narcan NOW**

**Get training to save a
life from opioid
overdose**

www.getnaloxonenow.org
www.redcross.org/take-a-class/opioidoverdose

**WHERE CAN I GET
NARCAN?**

- SHRC –**
(530)-212-0279
- EDC Public Health**
(530) 621-6100
- EDCHC –**
(530) 621-7700
- Marshall CARES -**
(530) 621-7965
- Barton CHC –**

Thank you to our partners at the Harm Reduction Coalition and Humboldt Area Center for Harm Reduction



Our Mission

We at the Sierra Harm Reduction Coalition (or SHRC) is providing an ever increasing suite of community based Harm Reduction services aimed to improve the quality of life in our county through helping our drug using community by reducing the consequences of drug use (HIV, HEP B/C, sexual disease, youth use and abuse, litter, etc.). We highly believe in the safety of our community. We greatly believe and respect the rights and feelings of our family who use drugs. To do this we provide free of charge mobile “where they’re at” drug and disease minimization services.

We believe that no one, despite their circumstances, should not be stigmatized. We are building a highly networked collaboration of service providers, such as treatment, mental health providers and other local community providers. Kit distribution, needle exchange, disease testing, disposal containers, naloxone training and referring to essential services are in our near future. Ultimately, our mission is to help our family who use drugs grow into essential members of our community.

We help each other help each other.

Contact Us

(530) 212-0279
information@shrcoalition
www.shrcoalition.org

Naloxone / Narcan®



Sierra Harm Reduction Coalition (SHRC)

**Harm Reduction Services for
El Dorado County**



WHAT IS NALOXONE?

Naloxone (Narcan®) is a very safe medication that can save someone's life by reversing the effects of an opioid overdose. It only works on opioids, such as heroin, prescription painkillers and fentanyl, but it is safe to use even if opioids are not present. Naloxone is available to anyone who wants it.

- Naloxone only works with opioids (i.e. heroin, pain medications).
- Naloxone has no effect if a person does not have opioids in their body.
- Naloxone can be administered by anyone.
- Naloxone is safe and has little to no side effects.
- Naloxone is not addictive and has no potential for abuse.
- Naloxone is NOT a controlled substance and has been around for over 40 years.
- Individuals who regularly use opioids may experience withdrawal symptoms if given naloxone. This is rarely life-threatening.

WHO IS AT RISK?

- People who have previously overdosed on opioids
- People who have had a period of abstinence from taking opioids, such as recently being released from jail/prison or detox.
- People taking other substances with opioids, such as anti-anxiety meds, sleep aids, or alcohol.
- People taking high doses of opioids, or people taking opioids for a long period of time.



READ ME!

You should always carry Naloxone:

- If you or a loved one has been prescribed an opioid,
- If you know someone uses opioid drugs like heroin.
- Otherwise at risk.

WHAT SHOULD YOU DO IF THERE'S AN OVERDOSE?

1. Call 911. A person may overdose again if the naloxone wears off.
2. Try to wake the person. Yell their name and rub hard in the middle of their chest.
3. Check for breathing and a pulse in the neck or wrist.
4. Administer naloxone or Narcan.
5. Try rescue breathing. Use a mask if you have one.
6. Prevent choking by putting the person on their side.
7. Administer 2nd dose of naloxone after 3 minutes if the person does not wake.

