



POCKET RESOURCE GUIDE



Overdose

An overdose is when you take more than the recommended amount of something (such as drugs) that may result in harmful symptoms or death.

Signs & Symptoms of an Overdose

- Pale, clammy skin
- Shallow breathing or not breathing
- Deep snoring, gurgling
- Unresponsive
- Slowed heartbeat/pulse
- Blue or ashy fingertips or lips
- Small pupils

For more information on opioids and how people get opioid use disorder:



If someone is making odd sounds, especially while asleep, wake them up. If they do not respond, shake and yell their name, or rub your knuckles on their breastbone.

It is not ok to let someone simply “Sleep it off”.

Responding to an Overdose

Step 1: Always call or have someone call 911.

Step 2: Give 1 dose of Narcan (Naxolone).

Step 3: Wait 3 minutes. Give another dose if they are still unresponsive in the other nostril.

Step 4: If they are not breathing, start CPR (if trained).

Step 5: If they are breathing, place them in the recovery position. Do not leave them alone.

Step 6: Once they are responsive, wait for help to arrive.

- The Good Samaritan Law protects you and the person who overdosed.



- Narcan lasts 30-90 minutes. Narcan can wear off and they can slip back into overdose.
- It is common for people to be confused or have withdrawal symptoms after receiving Narcan. Keep you and them calm.



Information and Instructions for Kit Items and Other Resources/Sources



Any unused pills can be dropped off at your local pharmacy and fire department for free!



<https://pennredlakecopublichealth.com/>



Red Lake County Community Resources



If you need financial assistance for someone you know who is being treated for a substance use disorder, please contact these organizations for more information.

Recovery and Testing Resources

Recovery Centers

- Pathway Recovery and Wellness (Thief River Falls)
- Glenmore Recovery Center (Thief River Falls, MN)
- 24 Hour Drug Rehab (Thief River Falls, MN)
- McCord Christian Drug and Alcohol Rehab (Thief River Falls, MN)
- Inpatient Drug and Alcohol Detox (Thief River Falls, MN)
- Addiction Rehab Grand Forks (Grand Forks, ND)
- Drug Rehab Grand Forks (Grand Forks, ND)
- Grand Forks Women's Rehab Treatment Center (Grand Forks, ND)
- ARG Drug Rehab Centers (Grand Forks, ND)
- Glenmore Recovery Center (East Grand Forks, MN)

STD Testing Services or PrEP and PEP medication

- Spectra Health (Grand Forks, ND) **Free**
- MyAlly Health (Grand Forks, ND) **Free**
- Women's Pregnancy Center (Grand Forks, ND) **Free**
- Minnesota Telehealth 833-738-1829 (virtual) **Low cost or Free**
- Brooklyn Park Health Center (Brooklyn, MN but also virtual) **Low cost or Free**
- Together TakeMeHome (**HIV/STD test kits: Free every 3 months until 2027**)

Prevent Opioid Misuse

Talk to your healthcare provider about other options for pain management.

If you need an opioid medication for pain, ask them about getting a **lower dose for a shorter duration**. Think about getting Narcan for your home.

Make sure to **lock away your medications** in a box, cabinet, or child-proof bottle.

Drop off your unwanted, expired, and unused medication at your local pharmacy, fire department, or other medical offices.

Hotlines

- Suicide Hotline: 1-800-273-8255
- Day One Hotline: 1-800-223-1111
- STD Hotline: 1-800-227-8922
- Minnesota AIDSLine: 1-800-248-AIDS(2497),
aidsline@justushealth.mn, text AIDSLine 839863
- MDH Partner Services: 651-201-5414
- Substance Use Disorder Helpline: (800)-968-2363
- SAMHSA Hotline: 1-800-622-HELP (4357)



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