

What is an

opioid overdose?

Opioid overdose occurs when a person takes a larger dosage of opioids than their body can handle, and breathing slows or even stops as a result.

How to Prevent against Accidental Overdose:

- **Avoid mixing** opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium), or medicines that make you sleepy
- **If you use prescription opioids**, call your doctor if you miss or change doses, feel ill, or start new medication
- **If you inject opioids**, know your **limits**: avoid using alone, and do a test shot to see how strong the drugs are first
- **Carry an overdose rescue kit, and learn how to administer naloxone** (turn page for instructions)

For information about treatment and recovery resources in Contra Costa County call 1-800-846-1652

For patient education, videos and additional materials, please visit [www.prevent-](http://www.prevent-protect.org)

protect.org

What are Opioids?

Opioids are drugs including heroin as well as prescription pain relievers. When misused opioids can lead to overdose and death.

Common Opioids Include:

GENERIC	BRAND NAME
Heroin	—
Fentanyl	Duragesic, Actiq
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxicodone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, Tyco, Tylenol #3
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Bunavail, Butrans, Suboxone, Subutex, Zubsolv, Probuphine

HOW TO USE NALOXONE AND PREVENT OVERDOSE



A GUIDE FOR PATIENTS AND CAREGIVERS

CONTRA COSTA
HEALTH SERVICES

