



OPIOID OVERDOSE PREVENTION & SAFETY

IF YOU SUSPECT OPIOID OVERDOSE

- 1. Check for breathing and signs of opioid overdose**
 - Unresponsive to voice or touch
 - Shallow, slow, or no breathing
 - Small pupils "pinpoint pupils"
 - Blue or gray lips/nails
 - Gurgling or snoring
- 2. Lay the person on the back, give naloxone** (*Narcan Nasal Spray*)
 - PEEL** back the package, remove the device
 - PLACE** the tip of the nozzle in the nose until the finger touch the bottom of the nose
 - PRESS** the plunger firmly to release the dose
- 3. Call 911**
- 4. Provide rescue breathing** (*1 breath every 6 seconds*)
- 5. Repeat naloxone** (*Narcan Nasal Spray*) **every 2-3 minutes if no response**
- 6. Stay with the person until help arrives. If you must leave them, place the person on their side.**

RISK FACTORS

- Previous Opioid Overdose
- Illness or period of no opioid use
- Mixing opioids with other substances (*sedatives, alcohol*)
- Changes in use, such as strength or amount

PREVENTION

You can take 3 easy steps to reduce the chance of opioid misuse

LOCK Keep medication out of sight and in a safe and secure place

MONITOR Keep track of medication and only take as directed

TAKEBACK Drop off unused medication at a Take Back location including most Grand Forks pharmacies

DO I HAVE A SUBSTANCE USE DISORDER?

If you are concerned about your medication, substance, or alcohol use, try asking yourself these questions:

- Have you ever felt that you ought to cut down on your drinking or drug use?
- Have people annoyed you by criticizing your drinking or drug use?
- Have you ever felt bad or guilty about your drinking or drug use?
- Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover?

If you answered yes to any of these questions, you may be misusing your medication or may be at risk for developing a substance use disorder or addiction. If you need help, the resources on the reverse side can help identify and treat a substance use disorder.



TREATMENT & RECOVERY SUPPORT

MEDICATION ASSISTED TREATMENT

Valley Community Health Centers

701.757.2100

(Suboxone/Zubsolv, Vivitrol)

212 S 4th St, Suite 301

Grand Forks, ND

valleychc.org

MAT appointments M - F

Ideal Option

877.522.1275

(Suboxone/Zubsolv, Vivitrol)

3301 30th Ave, Suite 102

Grand Forks, ND

idealooption.net

Open M - Th, Same/Next day

appointments available

Community Medical Services

701.404.1100

(Methadone)

901 28th St S, Suite B

Fargo, ND

communitymedicalservices.org

COUNSELING

Agassiz Associates

701.746.6336

2424 32nd Ave S, Suite 202

Grand Forks, ND

agassizassociates.com

Accepts SUD voucher and most insurance providers

Drake Counseling

701.757.3200

311 4th St S, Suite 106

Grand Forks, ND

Accepts SUD voucher and most

insurance providers

Northeast Human Service Center

701.795.3000

Crisis Line: 800.845.3731 (24 hrs)

151 S 4th St, Suite 401

Grand Forks, ND

Walk-in assessments:

M, Tu, Th 8:15 a.m. -

10:30 a.m.

Accepts ND residents regardless of ability to pay, sliding fee scale available

RiverView Recovery Center

218.230.0787

210 Gateway Drive NE, Suite 4

East Grand Forks, MN

Accepts most insurance providers

PEER SUPPORT

Face It TOGETHER

701.566.5631

311 N 4th St S, Suite 111

Grand Forks, ND

wefaceittogether.org/fargo-nd

No cost recovery coaching for clients and their families

NARCOTICS ANONYMOUS

Living in Recovery

University Lutheran Church

2122 University Ave.

Grand Forks, ND

na.org

Mon 8 p, Wed 8 p

We Do Recover

Antenna Building

401 N 7th St, Grand Forks, ND

na.org

Tu 7p, Th 7p, F 7p, Sa 7p

FAITH-BASED RECOVERY GROUPS

Freedom Church- Celebrate Recovery

701.772.3117

308 DeMers Ave.

Grand Forks, ND

Tu 6:30 p

HOPE Church- Celebrate Recovery

701.722.1884

1601 17th Ave S

Grand Forks, ND

Th 6:30 p

The North Dakota Substance Use Disorder (SUD) Voucher Program may be able to help you access treatment if you are unable due to insurance status or cost.



Opioid and Naloxone Education

