

## RISK FACTORS

- Previous overdose
- Period of abstinence or illness (i.e., following rehab, jail, or hospitalization)
- Mixing opioids with other substances (benzos, sedatives, alcohol)
- Using alone
- Use by injection

## PREVENTION TIPS

- If you do use, do not use alone, avoid mixing substances, start small, be cautious when sick or after a period of abstinence
- Keep naloxone available, do not let it freeze
- If you inject, use clean equipment every time including the cooker, cotton, and syringe.
- Treat every dose like it may have fentanyl in it. Use fentanyl test strips to test the product if available.

## NALOXONE (NARCAN NASAL SPRAY)

Naloxone can be purchased without a prescription from these pharmacies:

- **Inspire Pharmacy has Narcan available at no cost**
- Altru Outpatient and Family Medicine Pharmacies
- CVS Pharmacy
- Embrace Pharmacy
- Thrifty White Pharmacy (Both GF locations)
- UND Student Health Pharmacy
- Wall's Medicine Center



## 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.**

## **MEDICATION ASSISTED TREATMENT**

### **Valley Community Health Centers**

**701.757.2100** | valleychc.org

*(Suboxone/Zubsolv, Vivitrol)*

212 S 4th St Suite 301, Grand Forks, ND

MAT appointments M - F

### **Ideal Option**

**877.522.1275** | idealoption.net

*(Suboxone/Zubsolv, Vivitrol)*

3301 30th Ave Suite 102, Grand Forks, ND

Open M - Th, Same/Next day appointments available

### **Community Medical Services**

**701.404.1100** | communitymedicalservices.org

*(Methadone)*

901 28th St S Suite B, Fargo, ND

## **COUNSELING**

### **Agassiz Associates**

**701.746.6336** | agassizassociates.com

2424 32nd Ave S Suite 202, Grand Forks, ND

*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** | wefaceittogether.org/fargo-nd

311 N 4th St S Suite 111, Grand Forks, 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