

## **Drug Overdose Resource Guide for Community Members**

The New York State Department of Health aims to provide the general public with tools and resources to address the overdose problem in NYS. The overdose crisis is caused primarily by opioids such as pain pills, heroin and fentanyl. Fentanyl is a manufactured drug that is now being added to heroin and is very strong. The following list of recommendations and resources is intended to support you in your efforts to address the opioid crisis in your community. For more information about opioids and related resources in New York State, please visit <https://www.health.ny.gov/opioids>, or contact [opioidprevention@health.ny.gov](mailto:opioidprevention@health.ny.gov).

New Yorkers and their loved ones struggling with an addiction can find help and hope 24-hours-a-day, 7-day-a-week by calling the state's toll-free HOPELine at **1-877-8-HOPENY** (1-877-846-7369), by texting HOPENY (Short Code 467369), or by visiting [www.oasas.ny.gov/accesshelp](http://www.oasas.ny.gov/accesshelp). For help locating services, such as syringe or naloxone access and Hepatitis C testing, visit [www.ThePointNY.org](http://www.ThePointNY.org).

### **Prevent an overdose by reducing the risk:**

- Treat people who use drugs with compassion and kindness. Rejecting people who use drugs increases their risk for overdose as they are more likely to use alone or in a place that is not safe or private.
- Teach yourself and fellow community members about the serious health risks associated with opioids, including overdose, disease, and death, and the importance of using prescription pain medications only as prescribed. Learn the [basics about opioid and risks associated with them](#).
- Carefully follow instructions for opioid medications. Use your medicine only as directed by your health care provider.
- Safely store pain medications in a locked container and out of reach of children— one dose can cause an accidental overdose.
- Throw away old medicines safely by locating a [medication drop box](#) in your county.

### **Save a life by being prepared:**

- If your loved ones use opioids, offer to create an overdose prevention plan with them. To receive support when creating an overdose prevention plan, find an [Opioid Overdose Prevention Program](#) near you.
- Provide support to people in your life who use drugs by letting them know you are available to help in anyway.
- Naloxone (also known by the brand name, Narcan) is a drug that is used to reverse opioid overdoses. It is legal to both get and carry it in New York State.
  - Obtain naloxone without bringing in a prescription from your health care provider at one of 2,800 pharmacies. Check this [Directory of Pharmacies Dispensing Naloxone with Standing Orders](#) to find a location near you.
  - Naloxone is at your pharmacy for free or low cost. New York's [Naloxone Co-payment Assistance Program \(N-CAP\)](#) allows individuals with prescription coverage to get naloxone at pharmacies. N-CAP will cover co-payments up to \$40.
- Know how to spot the signs and symptoms of opioid overdose, including: slow or shallow breathing, uneven or no breathing, blue or purplish-black lips or fingernails, unresponsiveness, and unconsciousness.

- Check the [Community Calendar of Opioid Overdose Trainings](#) for an overdose prevention training near you to learn how to identify and respond to an opioid overdose, and be trained in how to administer naloxone.
- Keep these simple guides handy, in case of an emergency: [How to Use Nasal Naloxone for Opioid Overdose](#) or [Emergency Response for Opioid Overdose \(también en español\)](#).
- Learn about and share these [Facts about the 911 Good Samaritan Law](#), which protects people when you call 911 for help in the event of a suspected overdose.

**Find help and support:**

- Visit the New York State Department of Health website to learn about [Drug User Health](#), including helpful information and resources, such as where to find syringes, naloxone or help for people who use drugs.
  - Check this list of [NYS-Authorized Syringe Exchange Programs](#) for a program in your area to access available services, including days and times.
- Find out about new [Regional Substance Use Disorder Services](#) from the NYS Office of Alcoholism and Substance Abuse Services (OASAS). Services available across New York State include Peer Engagement Specialists, Family Support Navigator, Recovery Centers, Youth Clubhouses, and more.
- Search for multiple services on a user-friendly and mobile-friendly map with The Point (<http://www.ThePointNY.org>):
  - Syringe Exchange Programs (SEPs)
  - Expanded Syringe Access Program (ESAP)
  - Safe Sharps Disposal
  - Naloxone
  - Hepatitis C Testing
- Learn more about [buprenorphine](#), a medication to treat opioid problems.
  - Find licensed medical practitioners authorized to prescribe buprenorphine (also known as Suboxone) through the Substance Abuse and Mental Health Services Administration's (SAMHSA) [Buprenorphine Treatment Practitioner Locator](#).
- Find residential and outpatient substance use disorder treatment programs and services in your area using the [New York State OASAS Treatment Availability Dashboard](#).