

Counseling Points	Examples of Language
Overdose Prevention	<ul style="list-style-type: none"> ▪ Opioids are risky. Anyone taking them is at risk of an overdose (opioid emergency). ▪ Mixing other drugs or medications — such as alcohol, benzodiazepines (e.g., Xanax® or Valium®) or cocaine — with opioids can increase the risk of overdose. ▪ Tell your doctor about all of the medications you take. ▪ Be careful if you miss or change doses, feel ill or start taking new medications; these changes can affect tolerance (the amount of drugs your body can manage) and may increase your risk of overdose. ▪ Talk to your doctor if your pain doesn't go away. Small changes to your dose can greatly increase your risk of experiencing an emergency. ▪ Talk to your doctor, if you want help to stop taking opioids; there are options.
Overdose Recognition	<ul style="list-style-type: none"> ▪ Share information with your family and friends about recognizing and responding to an overdose. ▪ Common signs of an opioid overdose include: <ul style="list-style-type: none"> — Unconsciousness: the person won't wake up even if you shake them, say their name or rub your knuckles vigorously up and down their chest bone or sternum. — Breathing difficulties: their breathing slows or stops, which can lead to snoring or gurgling sounds. — Discoloration in lips and/or fingernails: these turn blue, pale or gray.
Calling 911	<ul style="list-style-type: none"> ▪ It is important to always call 911. The naloxone might not work or you may need more help. ▪ If you think someone you are with is overdosing, call 911. The law provides protection to someone overdosing or anyone calling 911 to save a life, even if drugs are present, with some exceptions. For more information, visit health.ny.gov and search for "Good Samaritan Law." ▪ It is legal to use naloxone. It's important to tell first responders if you have given or plan to give the person naloxone.
Using Naloxone	<ul style="list-style-type: none"> ▪ Stay with the person until help arrives. They can have another emergency. ▪ Even if a person is in pain or discomfort, it is important that they do NOT take more opioids for several hours.
Effectiveness of Naloxone	<ul style="list-style-type: none"> ▪ Naloxone reverses the effects of opioids only. It will have no effect on an emergency due to alcohol, other drugs or another reason. If you are unsure what someone took, it is safe to give naloxone.
Adverse Effects	<ul style="list-style-type: none"> ▪ Naloxone may cause an opioid-dependent person to go into withdrawal (e.g., nausea, vomiting, agitation or muscle aches). ▪ Withdrawal symptoms go away as the naloxone wears off.
Storing Naloxone	<ul style="list-style-type: none"> ▪ Store naloxone at room temperature, out of direct light. ▪ Keep naloxone in its original packaging.
Refilling Naloxone	<p>Get a refill if:</p> <ul style="list-style-type: none"> ▪ You use one or more doses of naloxone. ▪ You lose naloxone or damage any piece of the applicator. ▪ Naloxone expires or is near the expiration date.