

OVERDOSE IS CLOSER THAN YOU THINK

Opioids in Alaska

Save a life.

Get naloxone and keep it with you



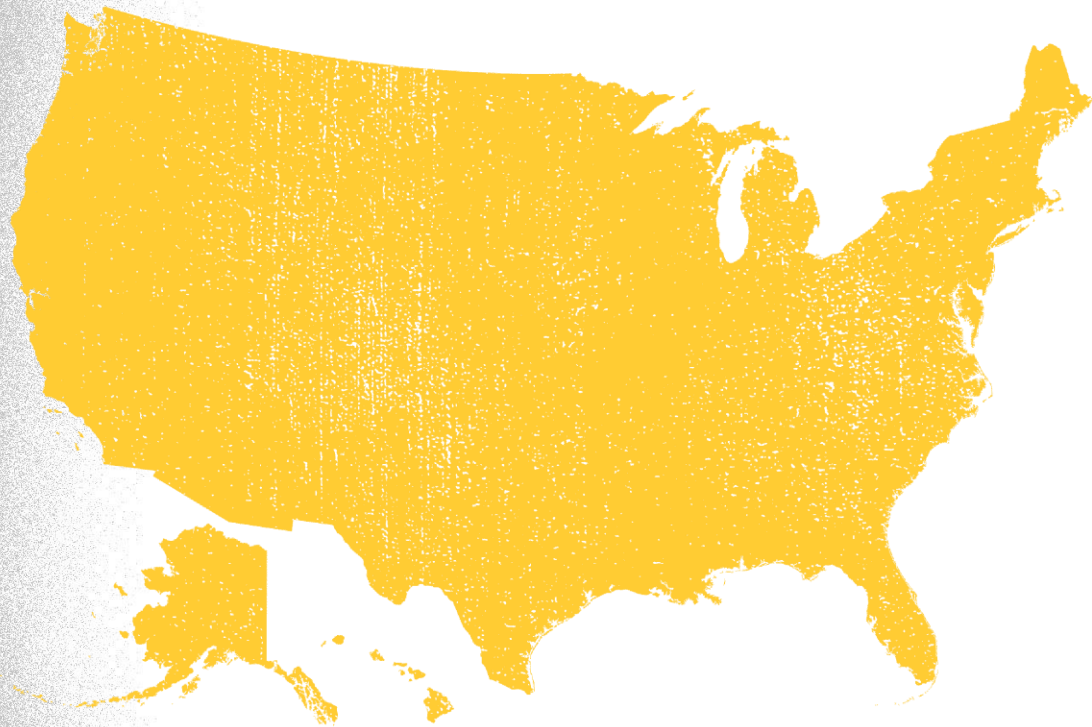
OVERDOSE AND DEATH DUE TO OVERDOSE ARE INCREASING

From 1999-2019, nearly 500,000 people died from an overdose involving any opioid, including prescription and illicit opioids.

This rise in opioid overdose deaths can be outlined in three distinct waves.

1. The first wave began with increased prescribing of opioids in the 1990s, with overdose deaths involving prescription opioids (natural and semi-synthetic opioids and methadone) increasing since at least 1999.
2. The second wave began in 2010, with rapid increases in overdose deaths involving heroin.
3. The third wave began in 2013, with significant increases in overdose deaths involving synthetic opioids, particularly those involving illicitly manufactured **fentanyl**. The market for illicitly manufactured fentanyl continues to change, and it can be found in combination with heroin, counterfeit pills, and cocaine.

CDC

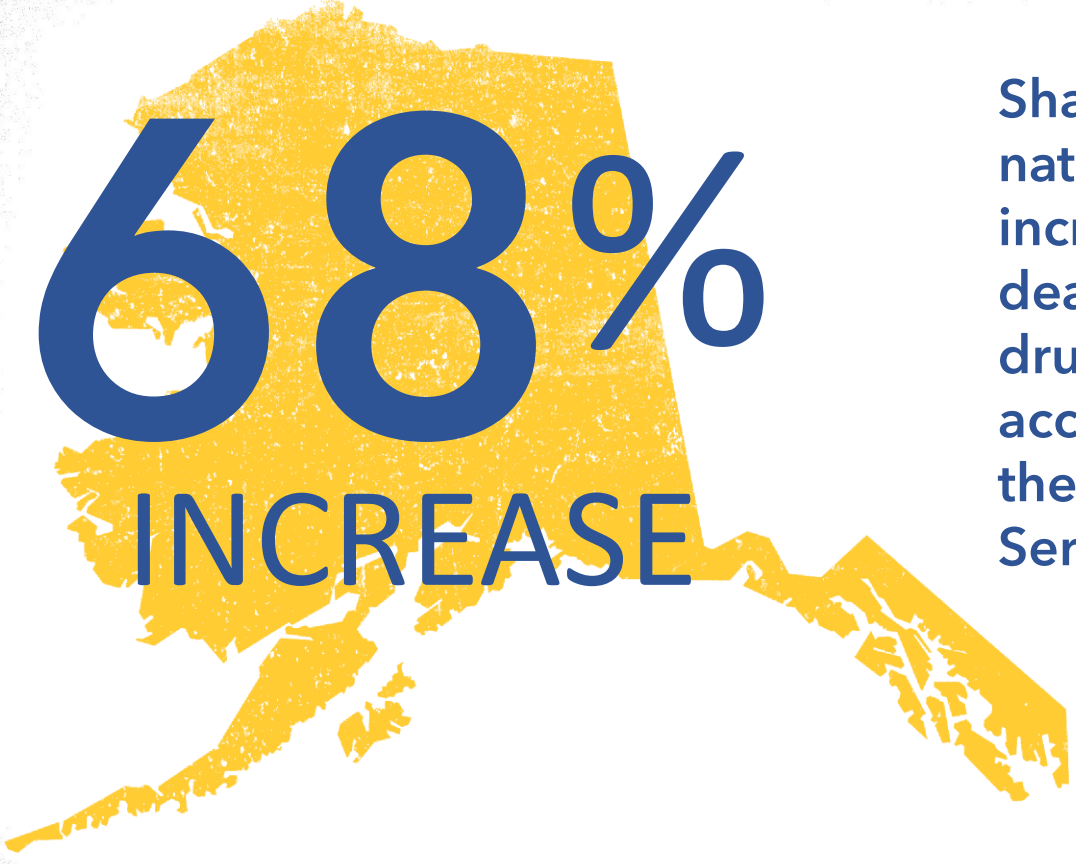


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OVERDOSE AND DEATH DUE LINKED TO OVERDOSES ARE INCREASING



68%
INCREASE

Sharp surges in drug overdose deaths reported nationwide, Alaska has experienced a 68% increase in the number of drug overdose deaths between 2020 and 2021 - from 146 drug overdose deaths in 2020 to 245 in 2021, according to preliminary mortality data from the Alaska Department of Health and Social Services (DHSS).

Save a life.

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WHAT DRUGS ARE INVOLVED?

- Stimulants, Opioids (including fentanyl)

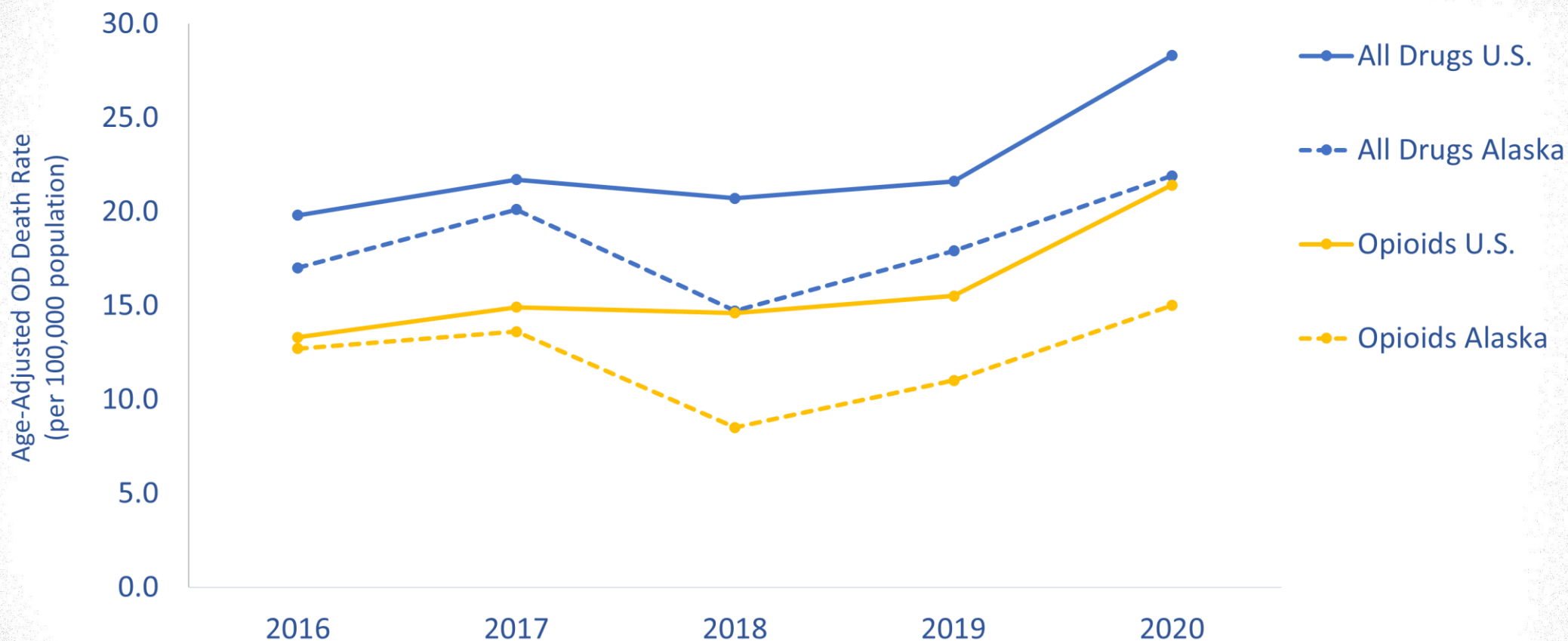


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OVERDOSE DEATH RATES CONTINUE TO INCREASE IN ALASKA

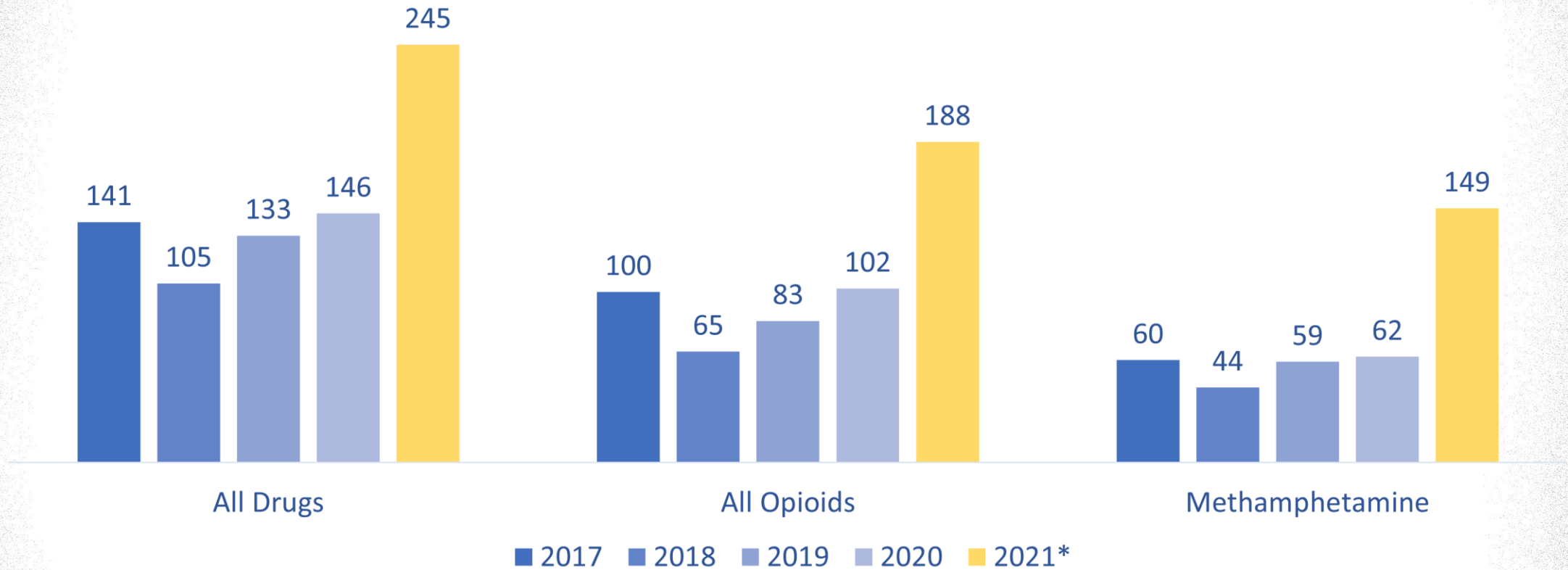


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ALASKA'S OVERDOSE DEATH COUNTS INCREASED 68% LAST YEAR



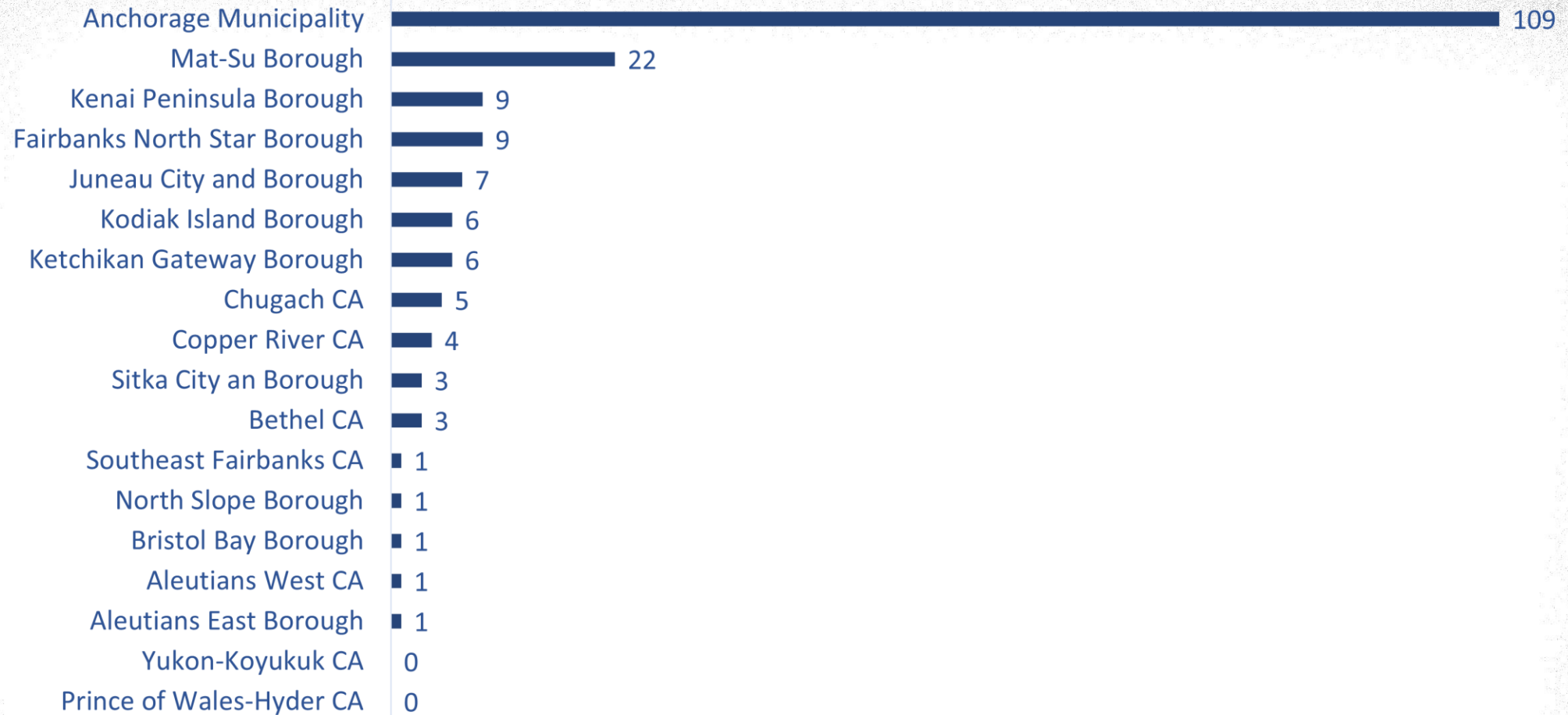
*2021 data are preliminary and subject to change

Save a life.

Get naloxone and keep it with you



OPIOID OVERDOSE DEATH COUNTS BY REGION (2021*)



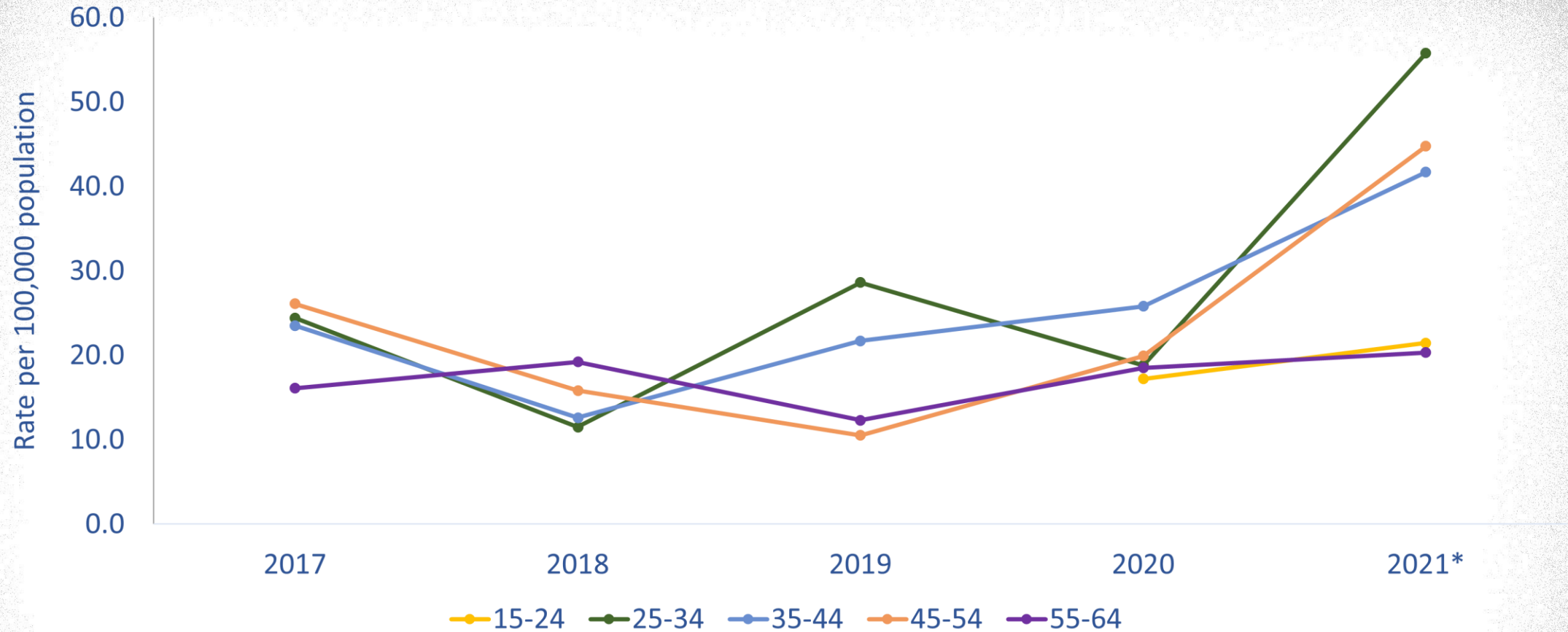
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Save a life.

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OPIOID OVERDOSE DEATH RATES BY AGE GROUP



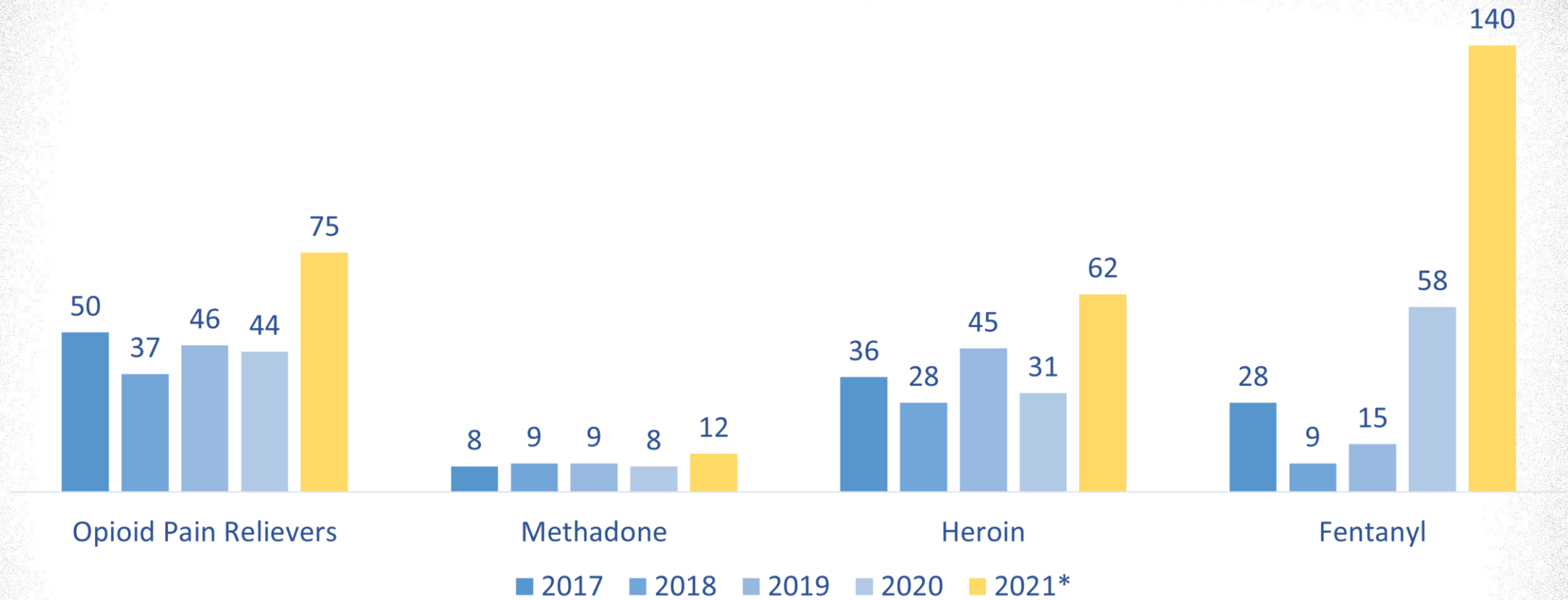
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Save a life.

Get naloxone and keep it with you



FENTANYL IS NOW INVOLVED IN 75% OF OPIOID OVERDOSE DEATHS



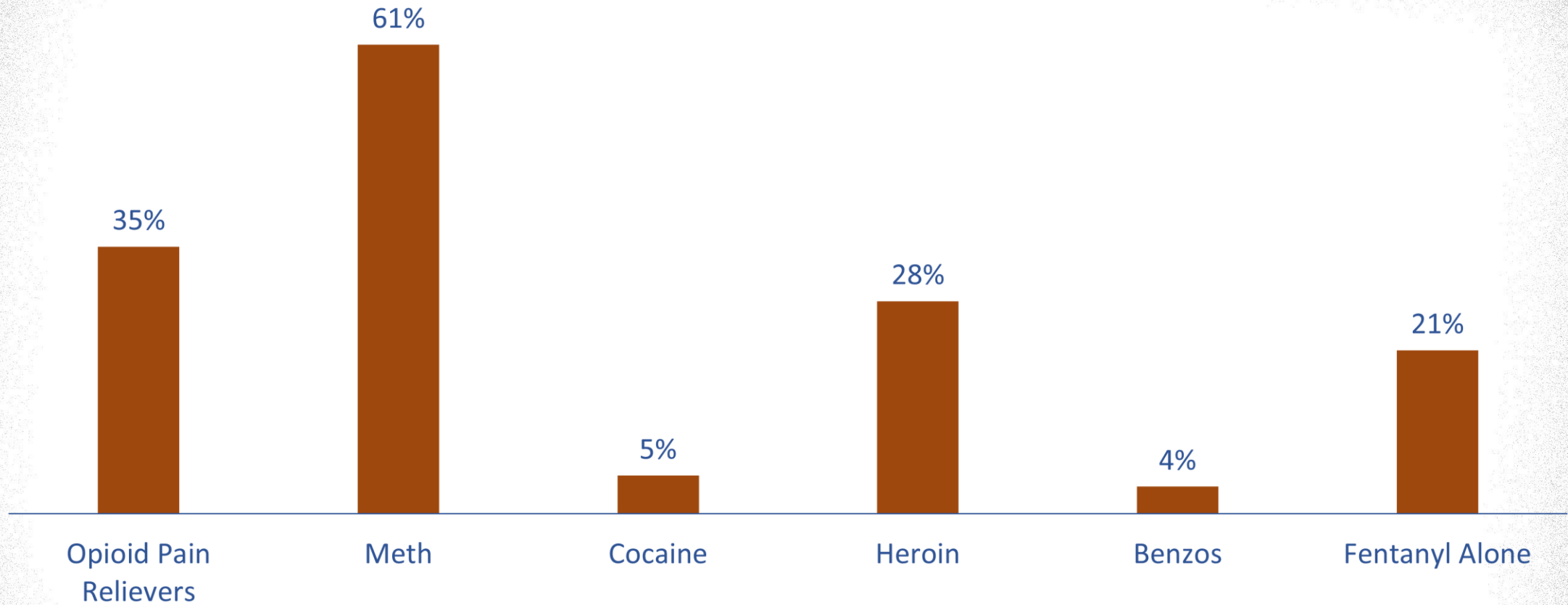
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Save a life.

Get naloxone and keep it with you



FENTANYL OVERDOSE DEATHS INVOLVING OTHER DRUGS (2021*)



*2021 data are preliminary and subject to change

Save a life.

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FOCUS ON FENTANYL



Overdosing in Alaska

Save a life.

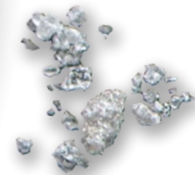
Get naloxone and keep it with you



EVEN A SMALL AMOUNT OF FENTANYL CAN KILL



Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. It is a major contributor to fatal and nonfatal overdoses in the U.S.



Save a life.

Get naloxone and keep it with you



FAKE PRESCRIPTION PILLS • WIDELY AVAILABLE • INCREASINGLY LETHAL


DEA LAB TESTING REVEALS THAT

4 OUT OF EVERY **10** PILLS

WITH FENTANYL CONTAIN A POTENTIALLY

LETHAL DOSE

Counterfeit pills often contain
fentanyl and are more lethal
than ever before



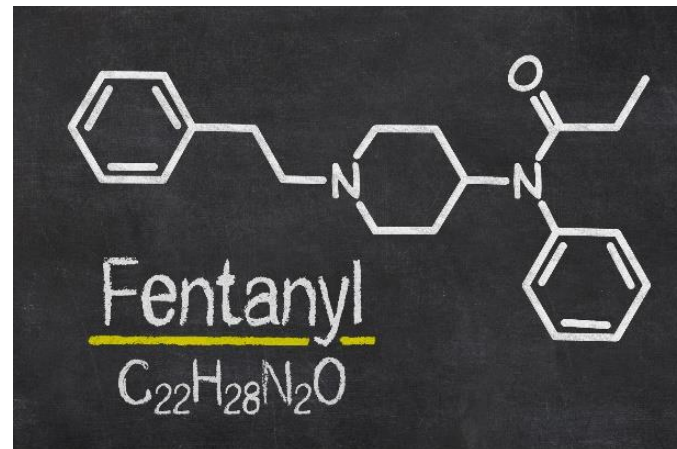
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OVERDOSE DEATHS IN ALASKA

2021 will be the worst year on record for drug overdose. **Six out of every 10 drug overdose deaths in Alaska involved fentanyl in 2021.** This is consistent with national trends.



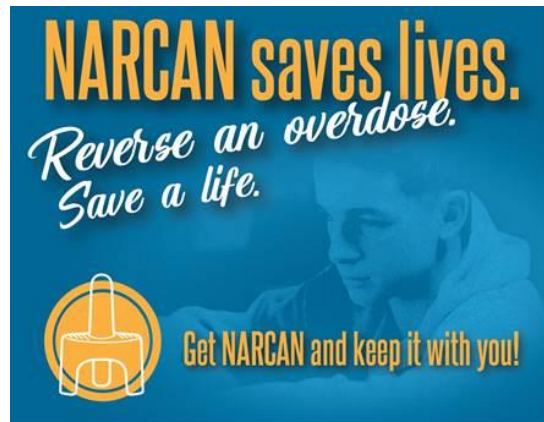
Save a life.

Get naloxone and keep it with you



NALOXONE SAVES LIVES

- Naloxone is an overdose reversal drug that is safe, has no potential for abuse, **and reverses overdoses 75% to 100% of the time.** Narcan is a brand of naloxone.
- A person who has a fentanyl-involved overdose may only **have 2 minutes** before his/her/their death.
- Studies show overdoses are reversed and lives are saved **when lay people carry and use naloxone.**



Find out how to use and get Narcan at
<https://dhss.alaska.gov/osmap/Pages/hope.aspx>

Save a life.

Get naloxone and keep it with you



OVERDOSE IS CLOSER THAN YOU THINK.

Four things you can do to be safer from possible fentanyl exposure.



TEST EVERYTHING

Use fentanyl test strips every time to determine if your drugs have been mixed or cut with fentanyl.



CARRY NALOXONE

You can stop a heroin or opioid overdose with naloxone nasal spray. Keep it with you.



DON'T USE ALONE

Make sure someone is around to administer naloxone in case of an overdose.



CALL 911

Call 911 even after administering naloxone. A person can slip back into overdose after the naloxone wears off.



Go to getnarcen.dhss.alaska.gov to find a distributor near you.
Email: projecthope@alaska.gov



Learn the signs of an overdose.

You can stop a heroin or opioid overdose with NARCAN nasal spray.



FACE



BODY



SLEEP



BREATHING



HEART



*Reverse an overdose.
Save a life.*

Get NARCAN and keep it with you!

Save a life.

Get naloxone and keep it with you



A SURGE IN OVERDOSES



Save a life.

Get naloxone and keep it with you



COMMUNITY PERSPECTIVE

- **Law enforcement**
 - Recent overdose cases
 - Statistics for this year compared to previous years
 - Polysubstance Use
 - Regional/Demographic breakdown of cases

Save a life.

Get naloxone and keep it with you



WHY PEOPLE MAY OVERDOSE?

- Interdiction/supply - ask Mike Troster?
- IDU - Elana <IDU-Low tolerance>
- Using alone -
- Mixing substances
- Low tolerance

Save a life.

Get naloxone and keep it with you





BEING PREPARED



Save a life.

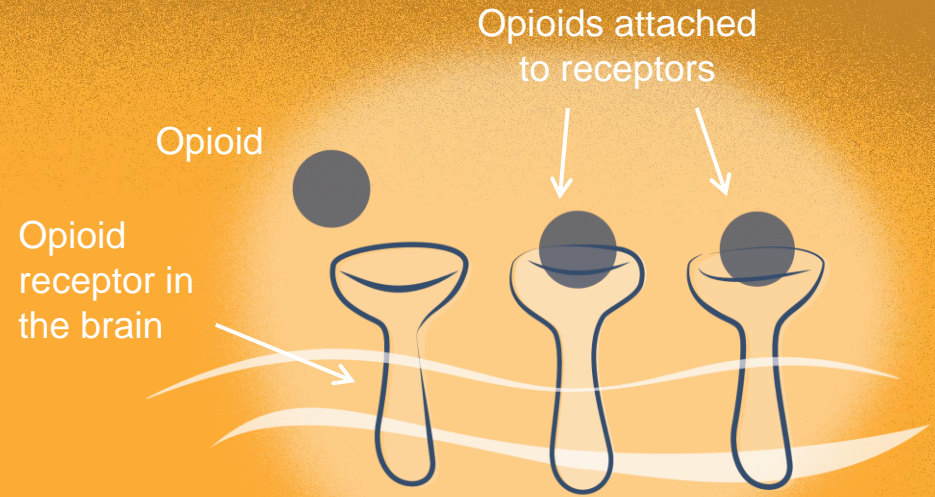
Get naloxone and keep it with you



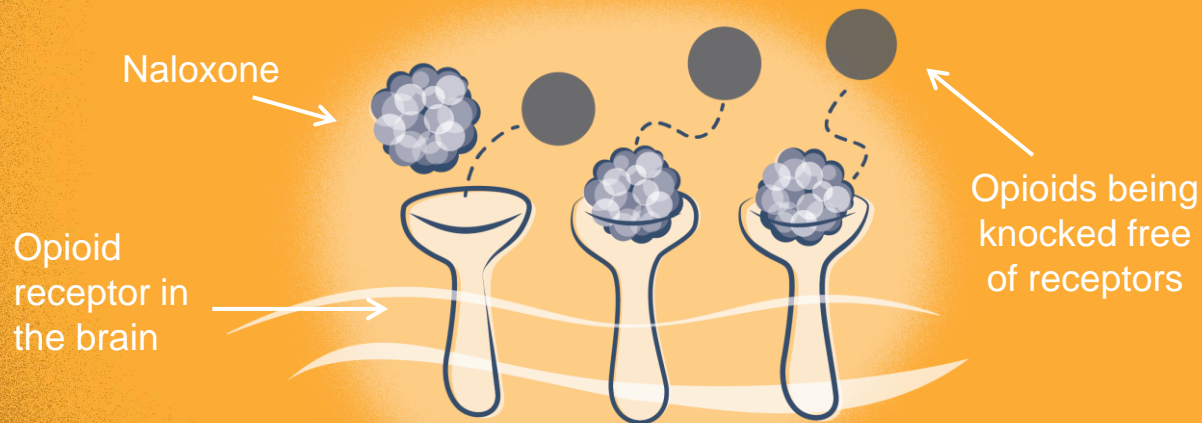
WHAT IS OVERDOSE?



The brain has many opioid receptors. An overdose occurs when too much of an opioid (heroin, OxyContin, Percocet) fits in too many receptors, stopping the person's breathing



HOW DOES NALOXONE WORK?



Naloxone bonds more strongly to the opioid receptors than opioid drugs, so it knocks the opioids off the receptors for a short time. This blocks the effects of the overdose allowing the person to breathe again.

Save a life.

Get naloxone and keep it with you



NALOXONE IS EFFECTIVE AGAINST OPIOIDS SUCH AS:



- Heroin
- Methadone
- OxyContin
- Vicodin
- Percocet
- Codeine
- Fentanyl

NALOXONE WILL NOT REVERSE OVERDOSE FROM DRUGS SUCH AS:

- Cocaine
- Meth (Methamphetamine)
- Alcohol
- Stimulants
- Benzos (Benzodiazepines such as Xanax and Valium)

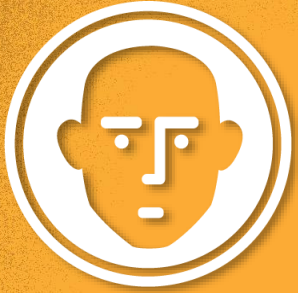
Naloxone is the ONLY effective response to an opioid overdose emergency!

Save a life.

Get naloxone and keep it with you



LEARN THE SIGNS OF AN OVERDOSE



FACE is clammy to touch and has lost color. Has trouble speaking. Center part of their eye very small, sometimes called "pinpoint pupils."



BREATHING is slow or has stopped.



BODY is limp. Fingernails or lips are turning blue or purple.



BREATHING is slow or has stopped.



SLEEP is deep and person cannot be woken. Will not respond to your voice or touch.

Save a life.

Get naloxone and keep it with you



HOW TO ADMINISTER NALOXONE

1



Determine if person is experiencing an overdose

- Failure to respond when spoken to
- Failure to wake up when prompted
- Slow or no breathing
- Tiny pupils (the center part of the eye)



Save a life.

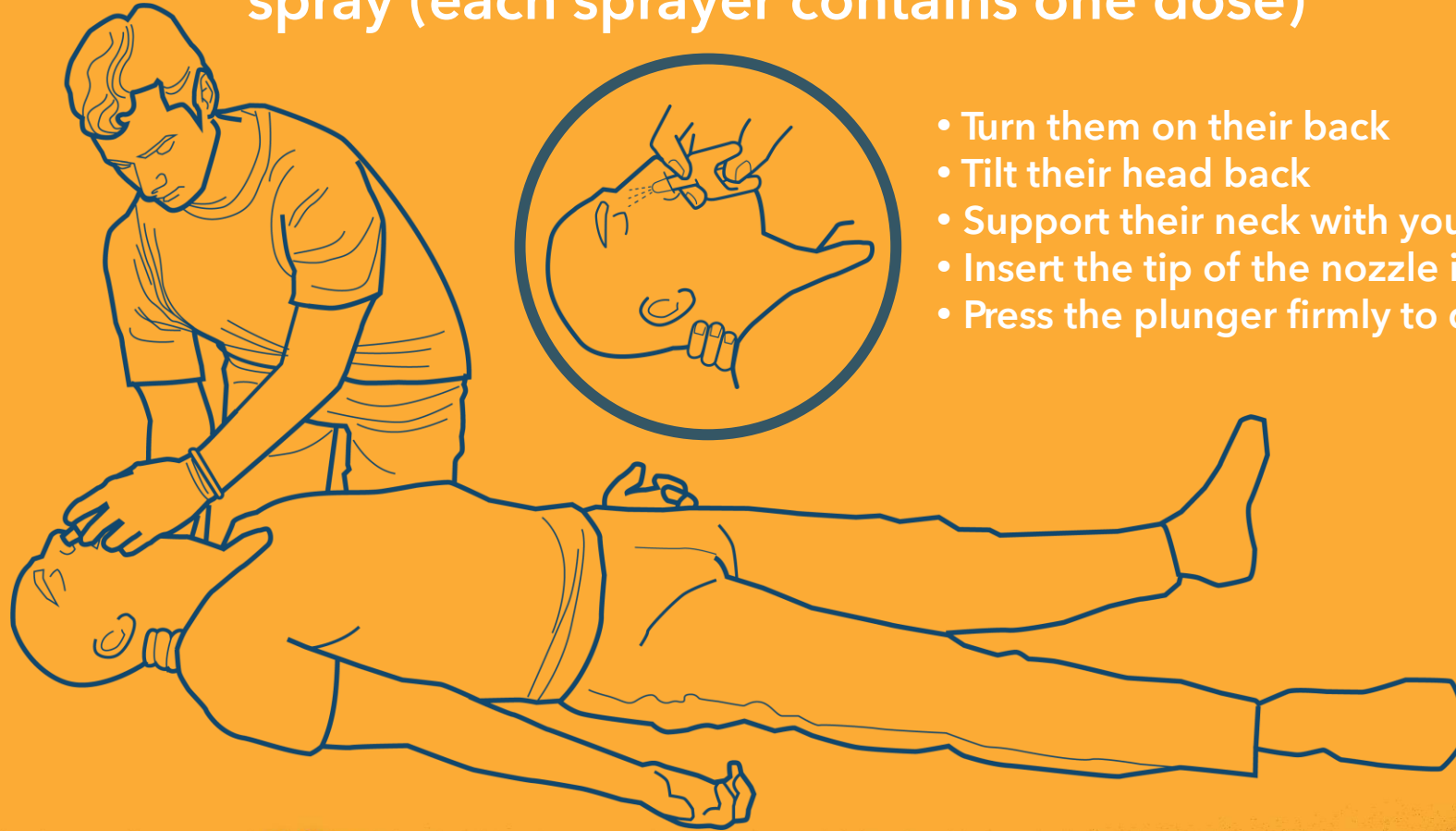
Get naloxone and keep it with you



HOW TO ADMINISTER NALOXONE

Administer a dose of naloxone nasal spray (each sprayer contains one dose)

2



- Turn them on their back
- Tilt their head back
- Support their neck with your hand
- Insert the tip of the nozzle into either nostril
- Press the plunger firmly to deliver dose

Save a life.

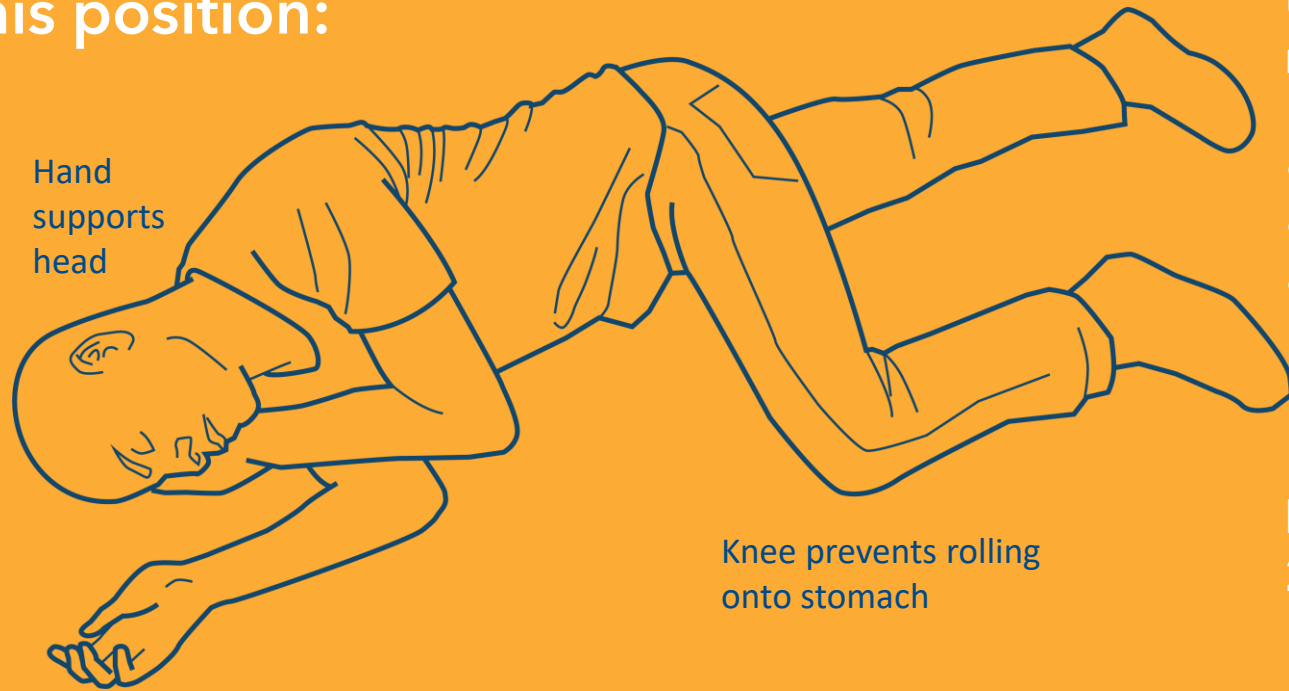
Get naloxone and keep it with you



HOW TO ADMINISTER NALOXONE CONT'D

3

Call 911 for help and continue to evaluate their condition. Roll them on their side in this position:



Give them a second dose in the other nostril if they do not respond in 2 to 3 minutes by:

- waking up
- responding to voice or touch
- breathing normally

Naloxone can be given every 2 to 3 minutes if available.

Save a life.

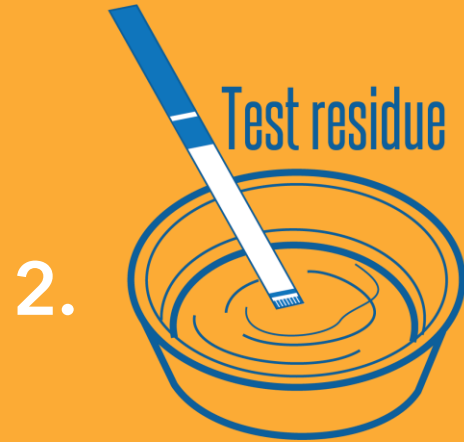
Get naloxone and keep it with you



TEST EVERYTHING



Add sterile water to your cooker you just prepped. Mix well. Draw up your shot and set aside.



Test the residue in your cooker before you inject. Dip the test strip in the water, do not go past the first line and hold it there for 10-15 seconds.



Place test strip on clean surface or across top of cooker. Wait five minutes.



One line means fentanyl is present and you should not use the drugs, two lines means no fentanyl present.

Save a life.

Get naloxone and keep it with you



FOUR THINGS YOU CAN DO TO BE SAFER FROM POSSIBLE FENTANYL EXPOSURE.

TEST EVERYTHING



Use fentanyl test strips every time to determine if your drugs have been mixed or cut with fentanyl.

CARRY NALOXONE



You can stop a heroin or opioid overdose with naloxone nasal spray. Keep it with you.

DON'T USE ALONE



Make sure someone is around to administer naloxone in case of an overdose.

CALL 911



Call 911 even after administering naloxone. A person can slip back into overdose after the naloxone wears off.

Save a life.

Get naloxone and keep it with you



MATERIALS AVAILABLE

NARCAN SAVES LIVES
Reverse an overdose. Save a life.
You can stop a heroin or opioid overdose with NARCAN nasal spray.
Get NARCAN and keep it with you!

Email: projecthope@alaska.gov
Go to dhs.alaska.gov/overdose to find a distributor near you.

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OVERDOSE IS CLOSER THAN YOU THINK. LEARN THE SIGNS.

- FACE** is clammy to touch and has lost color. Has trouble speaking. Center part of their eyes very small, sometimes called "pinpoint pupils."
- BREATHING** is slow or has stopped.
- BODY** is limp. Fingernails or lips are turning blue or purple.
- HEARTBEAT** is slow or has stopped.
- SLEEP** is deep and person cannot be woken. Will not respond to your voice or touch.

Get NALOXONE and keep it with you!

You can stop a heroin or opioid overdose with naloxone nasal spray.

TEST EVERYTHING
Free test strips available!

Overdose deaths linked to drugs cut with fentanyl have increased in Alaska. Always test before using.

- 1. Add water**
Add sterile water to your container you just prepared. Mix well. Draw up your shot and set aside.
- 2. Test residue**
Test the residue in your cooker before you inject. Dip the test strip in the water, do not go past the first line and hold it there for 10-15 seconds.
- 3. 5 minutes**
Place test strip on clean surface or across top of cooker. Wait five minutes.
- 4. One line means / present and safe**
One line means / present and safe use the drug. No lines means no fentanyl.

Go to getnarcan.dhss.alaska.gov to find a distributor near you.
Email: projecthope@alaska.gov

OVERDOSE IS CLOSER THAN YOU THINK.
Four things you can do to be safer from possible fentanyl exposure.

- TEST EVERYTHING**
Use fentanyl test strips every time to determine if your drugs have been mixed or cut with fentanyl.
- CARRY NALOXONE**
You can stop a heroin or opioid overdose with naloxone nasal spray. Keep it with you.
- DON'T USE ALONE**
Make sure someone is around to administer naloxone in case of an overdose.
- CALL 911**
Call 911 even after administering naloxone. A person can slip back into overdose after the naloxone wears off.

Go to getnarcan.dhss.alaska.gov to find a distributor near you.
Email: projecthope@alaska.gov

OVERDOSE DEATHS ARE PREVENTABLE. Save a life.

Naloxone nasal spray stops an opioid/heroin overdose. Fentanyl test strips can signal if fentanyl is present in drugs before use. Both are available for FREE.

TEST EVERYTHING! Fentanyl increases the risk of overdose and death. **DON'T USE ALONE!** Have naloxone and make sure friends and loved ones know what it is and how to use it.

Learn more at opioids.alaska.gov

Reverse an overdose. Save a life.
CARRY NARCAN
Email projecthope@alaska.gov

I CARRY NARCAN
Reverse an overdose. Save a life.

Save a life.

Get naloxone and keep it with you



GET THE RESCUE KIT



The rescue kit includes

- Two doses of naloxone nasal spray
- Instructions on how to stop an overdose with naloxone nasal spray
- Fentanyl testing strip
- Instructions on how to the test strip
- Latex protective gloves



Save a life.

Get naloxone and keep it with you



YOUR FEEDBACK IS IMPORTANT

Have you used Naloxone from project HOPE? We want to hear from you:

<https://www.surveymonkey.com/r/3G6L623>



Have you used a Fentanyl Test Strip from Project HOPE? We want to hear from you:

<https://www.surveymonkey.com/r/3PSZCQP>



Save a life.

Get naloxone and keep it with you



RESOURCES FOR RECOVERY

Save a life.

Get naloxone and keep it with you



Q&A

Save a life.

Get naloxone and keep it with you

