

# HI Overdose 'Ike

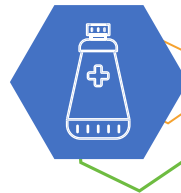
## Information To Know About Drug Overdose



**Drug Overdose:**  
Intaking a toxic amount  
of drug(s)<sup>1</sup>



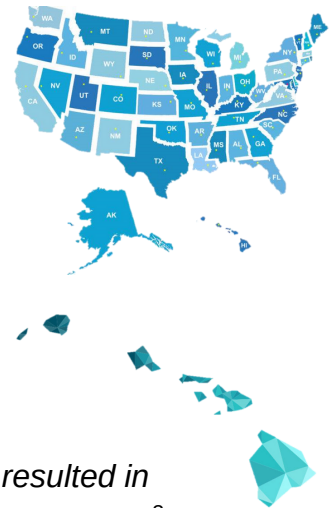
**Opioids can be:**  
Prescription pain medication  
or illegal drugs (e.g., heroin)<sup>2</sup>



**Naloxone (NARCAN):**  
An antidote that reverses the  
effects of an opioid overdose<sup>2</sup>

**In the year 2017:**

**70,237**  
drug overdose  
deaths occurred  
in the U.S.<sup>3</sup>



**Hawai'i:**  
**203**  
drug overdose  
deaths in 2017<sup>3</sup>

*\*HI's death rate resulted in  
13.8 per 100,000 persons.<sup>3</sup>*

### Risks leading to an overdose:

- Taking greater substance amount than body tolerance
- Mixing drugs (and alcohol)
- Being ill or physically unwell
- Not knowing what has been laced
- Using alone<sup>4</sup>

**An overdose can  
happen to anyone.  
(Family, Friends,  
and You)**

### Signs of an overdose:

- Face is pale and/or clammy
- Body is limp
- Fingernails or lips have a blue or purple cast
- Person cannot be awakened from sleep or cannot speak
- Breathing is very slow or stopped
- Heartbeat is very slow or stopped<sup>2</sup>





# HI Overdose Kuleana

..... Actions To Take About Drug Overdose .....

## SAFE OPIOID



**S**upport those at risk<sup>7</sup>



**O**pen conversation



**A**lways store medicine  
in secure places



**P**roperly dispose  
unused medicine



**F**ind a health care  
provider



**I**dentify risks of a  
drug overdose



**E**ducate yourself  
and others



**O**nly take medicine  
as prescribed



**I**dentify symptoms of  
a drug overdose



**D**estigmatize drug  
overdose

### Know Your Rights:

**Act 217-** Allows you to call 911 to prevent an overdose from being fatal without getting arrested.<sup>5</sup>

**Anyone can carry Naloxone in Hawai'i.** You can request a prescription and/or get it from Hawai'i Harm Reduction Service Branch.<sup>6</sup>

### Overdose Resources:

|Hawai'i Health & Harm Reduction Center - [hhrc.org](http://hhrc.org)| |Get Naloxone Now - [getnaloxonenow.org](http://getnaloxonenow.org)|

|Centers for Disease Control and Prevention - [cdc.gov](http://cdc.gov)| |Harm Reduction Coalition - [harmreduction.org](http://harmreduction.org)|

|Prescribe to Prevent - [prescribetoprevent.org](http://prescribetoprevent.org)| |Hawaii Opioid Initiative - [hawaiiopioid.com](http://hawaiiopioid.com)|

|DOH - ADAD - [health.hawaii.gov/substance-abuse](http://health.hawaii.gov/substance-abuse)| |Ku Aloha Ola Mau - [kualoha.com](http://kualoha.com)|





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**Hawai'i had 203 drug overdose deaths in 2017.**<sup>3</sup>

**Hawai'i's death rate resulted in 13.8 per 100,000 persons.**<sup>3</sup>

**An overdose can happen to anyone (Family, Friends, and You).**

### **Risks leading to an overdose:**

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## *Actions To Take About Drug Overdose*

### **SAFE OPIOID**

Safe Opioid is an acronym for drug overdose prevention suggestions to ensure safety.

#### **SAFE**

- Support those at risk
- Always store medicine in secure places
- Find a health care provider
- Educate yourself and others

#### **OPIOID**

- Open conversation
- Properly dispose unused medicine
- Identify risks of a drug overdose
- Only take medicine as prescribed
- Identify symptoms of a drug overdose
- Destigmatize drug overdose <sup>7</sup>

### **Know Your Rights:**

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- Hawaii Opioid Initiative - [hawaiiopioid.com](http://hawaiiopioid.com)
- DOH - ADAD - [health.hawaii.gov/substance-abuse](http://health.hawaii.gov/substance-abuse)
- Ku Aloha Ola Mau - [kualoha.com](http://kualoha.com)





## References

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- <sup>2</sup> Substance Abuse and Mental Health Services Administration. SAMHSA Opioid Overdose Prevention TOOLKIT. SAMHSA. <https://store.samhsa.gov/sites/default/files/d7/priv/sma18-4742.pdf>. Published 2013. Updated 2018. Accessed March 17, 2020.
- <sup>3</sup> Hedegaard H., Miniño AM., Warner M. Drug overdose deaths in the United States, 1999–2017. NCHS Data Brief. 2018 November; (329), 1-8. <https://www.cdc.gov/nchs/products/databriefs/db329.htm>.
- <sup>4</sup> Risks for Relapse, Overdose and What You Can Do. drugfree.org. <https://drugfree.org/article/relapse-overdose/>. Published 2018. Accessed March 17, 2020.
- <sup>5</sup> ACT 217 (SB 982). Governor.hawaii.gov. <https://governor.hawaii.gov/acts/act-217-sb982-sd1-hd2-07072015/>. Published July 7, 2015. Accessed March 26, 2020.
- <sup>6</sup> Overdose Prevention And Naloxone. Health.hawaii.gov. <https://health.hawaii.gov/harmreduction/overdose-prevention-and-naloxone/>. Updated 2020. Accessed March 17, 2020.
- <sup>7</sup> U.S. Department of Health and Human Services (HHS). Facing addiction in america: the surgeon general's spotlight on opioids. [https://addiction.surgeongeneral.gov/sites/default/files/Spotlight-on-Opioids\\_09192018.pdf](https://addiction.surgeongeneral.gov/sites/default/files/Spotlight-on-Opioids_09192018.pdf). Published September 2018. Accessed March 18, 2020.

**Please send your questions or comments using "c3od2a@hawaii.edu" to the authors of this infographic Zedrick-Kyle Oda, Yeonjung Jane Lee, and Seunghye Hong**

