

Opioid overdose

Know the risk factors

Drug overdose death rates remain high in Clark County, with alarming increases in methamphetamine and fentanyl overdose deaths since the COVID-19 pandemic began.



CLARK COUNTY
WASHINGTON

PUBLIC HEALTH
HARM REDUCTION

Factors that increase a person's risk of an overdose include:

- Drop in tolerance from not using or using less, such as after being in jail, detox, recovery, following a period of abstinence, or if a person is new to using drugs.
- Using heroin or pills not from a pharmacy that may have unknown substances mixed in them.
- Mixing opioids with alcohol or benzodiazepines (benzos) like Klonopin, Xanax, Ativan, Valium, Librium, and others
- Using stimulants like meth, speed, or cocaine with opioids strains the body. Combining a stimulant and an opioid **does not cancel out overdose risk, but actually increases overdose risk.**
- Having poor nutrition, a weak immune system, heart problems, unhealthy lungs or liver, or other health issues (like HIV or Hepatitis C).
- Using opioids alone since no one is there to help.
- History of overdose/surviving a past overdose.

Tips for safer opioid use:

- Always carry naloxone (multiple doses may be needed) and let others know where you keep it.
- Use with someone else around: Alternate use within a group, call someone you trust, use in a semi-public location, or call **Never Use Alone 1.800.484.3731.**
- Start low and go slow: Always use a small amount and only use more after waiting a few minutes and seeing how your body reacts.
- Avoid mixing opioids with other substances, such as alcohol and benzos.

www.StopOverdose.org

www.NeverUseAlone.com