

YOU CAN PREVENT OVERDOSE

- Talk with your health care provider and pharmacist about all prescription and non-prescription medications.
- Do not mix opioids with alcohol, benzodiazepines, or other substances.
- Do not take opioids more often or in higher quantities than prescribed.
- Find your local harm reduction program



- New Mexico Good Samaritan Law: You are legally protected, barring a warrant, probation, or parole, when you call 911 seeking help for a friend or family member experiencing an overdose.
- Avoid using alone and go slow - Take turns using when you're with other people so there is someone to provide rescue breathing if someone overdoses.
- Know the symptoms of overdose and how to provide first aid - If someone overdoses, give them naloxone, call 911 immediately, and provide rescue breathing until they can breathe on their own.

- Consider medication assisted treatment with prescribed medication like buprenorphine or methadone.
- Always carry naloxone with you - You can contact your county Public Health Office, Harm Reduction programs, and substance use treatment offices to get naloxone (Narcan).
- Talk to your health care provider or pharmacist about obtaining naloxone. To get Narcan anywhere in NM from the Human Services Department call: **505-270-5943**.



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