

# YOU CAN PREVENT OVERDOSE



## FIND YOUR LOCAL HARM REDUCTION PROGRAM

Visit [NMHIVGUIDE.ORG](http://NMHIVGUIDE.ORG) to get info on harm reduction programs near you.

## NEW MEXICO GOOD SAMARITAN LAW

You are legally protected, barring a warrant, probation, or parole, **when you call 911** to help a friend or family member experiencing an overdose.



## 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)**. You can also request naloxone from a local pharmacy without a prescription because New Mexico has a standing order allowing registered pharmacists to dispense naloxone. **To get Narcan anywhere in NM call: 505-270-5943**

## AVOID USING ALONE & GO SLOW

**Take turns using** when you're with other people so there is someone to give **first aid** 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 TREATMENT WITH PRESCRIBED MEDICATION LIKE BUPRENORPHINE OR METHADONE

Besides reducing or eliminating the need to use other opioids like heroin, these medicines protect against opioid overdose.

Find more about **Medication Assisted Treatment** at [DoseofReality.org](http://DoseofReality.org)

