LEAVING JAIL?

If you use opioids, your risk of overdose is at its highest in the weeks following your release from jail. Opioids slow your respiratory system and can cause you to stop breathing. This happens because your tolerance gets lower while you’re in jail. It is best not to use again, but if you do...

- Don’t use alone - if you’re alone and you stop breathing, you’re dead.
- Don’t combine opioids with alcohol or other drugs.
- Don’t use an opioid from an unknown source.
- Use a smaller amount than you did before.
- Carry Naloxone and make sure your friends and family know where you store it and how to use it.

OVERDOSE SIGNS

- Unconscious or unable to waken.
- Not responsive to pain.
- Slow or shallow breathing, or breathing difficultly such as choking or snorting sound.
- Lips and fingernails turning blue, cool or clammy skin.
- Small pupils.
- Slow heart rate.

IN CASE OF OVERDOSE

1. Know your legal rights.
   Under the Good Samaritan law, you are legally protected from arrest for helping someone during a drug overdose.

2. Try to wake them.
   Call their name and shake their shoulders. Do not slap.

3. If they don’t respond...
   Rub their chest bone hard with your knuckles.

4. If they are not breathing...
   Give a couple of rescue breaths.

5. Use Naloxone following the instructions from the auto-injector.
   a. Continue rescue breaths until person is breathing.
   b. Turn them on their side.
   c. Stay with them until EMT’s arrive.

REMEMBER
YOU CANNOT HARM A PERSON BY GIVING THEM NALOXONE.

STAY ALIVE!

USE NALOXONE

To access local resources, like treatment providers, naloxone refills and recovery support, visit: www.hogoc.org
**GLADES/HENDRY LOCAL RESOURCES**

1. **Narcan/Naloxone Refills**
   Hendry County Sheriff’s Office
   101 S. Bridge Street, Labelle, FL 33935
   863-674-5600
   www.hendrysheriff.org

2. **Mental Health/Substance Use Providers**
   Dial 2-1-1 or call 239-433-3900 for the most up-to-date resource information

3. **Buprenorphine/Suboxone/MAT**
   Dial 2-1-1 or call 239-433-3900 for the most up-to-date resource information

4. **Recovery Groups That Support People on Buprenorphine**
   • Medication-Assisted Recovery Anonymous
     www.mara-international.org/onlinemeetings

5. **NA and AA Groups**
   • Narcotics Anonymous Gulf Coast Area:
     24-hour hotline: 866-389-1344
     www.nagulfcoastfla.org/
   • National Virtual Narcotics Anonymous
     www.virtual-na.org/meetings
   • Alcoholics Anonymous Lee County Area:
     Call 24-Hour Hotline: (239) 275-5111
     www.leeountyaa.org/meetings
     lcai@leeountyaa.org

6. **Family Support**
   • FA (Families Anonymous): 800-736-9805, info@familiesanonymous.org, www.familiesanonymous.org
   • Al-anon groups for families: 1-888-425-2666, www.al-anon.org

**OKEECHOBEE LOCAL RESOURCES**

1. **Narcan/Naloxone Refills**
   Okeechobee County Sheriff’s Office
   504 NW 4th St, Okeechobee, FL 34972
   863-763-3117
   www.okeechobee.cog.com

2. **Mental Health/Substance Use Providers**
   Dial 2-1-1 or call (561) 383-1112 or (866) 882-2991 for the most up-to-date information

3. **Buprenorphine/Suboxone/MAT**
   Dial 2-1-1 or call (561) 383-1112 or (866) 882-2991 for the most up-to-date information

4. **Recovery Groups That Support People on Buprenorphine**
   • Medication-Assisted Recovery Anonymous
     www.mara-international.org/onlinemeetings
   • Worship-centered 12-Step Recovery - Celebrate Recovery: 863-801-2404,
     www.okeechobeecog.com/events/celebrate-recovery

5. **NA and AA Groups**
   • Narcotics Anonymous Treasure Coast Area:
     772-232-8676 or 1-844-623-5674 or
     www.beta.treasurecoastna.com
   • National Virtual Narcotics Anonymous
     www.virtual-na.org/meetings
   • Alcoholics Anonymous Lee County Area:
     Call 24-Hour Hotline: (239) 275-5111
     www.leeountyaa.org/meetings
     lcai@leeountyaa.org

6. **Family Support**
   • FA (Families Anonymous): 800-736-9805, info@familiesanonymous.org, www.familiesanonymous.org
   • Al-anon groups for families: 1-888-425-2666, www.al-anon.org

**MORE INFORMATION VIA QR CODES**

**STEP 1:** Open up the camera app.

**STEP 2:** Position your phone so the QR code appears in the digital viewfinder.

**STEP 3:** Launch the code!

For more information about opioids or getting help, scan this code using a mobile device.

Para obtener más información sobre los opioides u obtener ayuda, escanee este código con un dispositivo móvil.

Pou plis enfòmasyon sou opioid oswa jwenn èd, eskane kòd sa a liè lèsi avèk yon aparèy mobil.