

## 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.

- Continue rescue breaths until person is breathing.
- Turn them on their side.
- Stay with them until EMT's arrive.

## REMEMBER

**YOU CANNOT HARM A PERSON  
BY GIVING THEM NALOXONE.**

## 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...

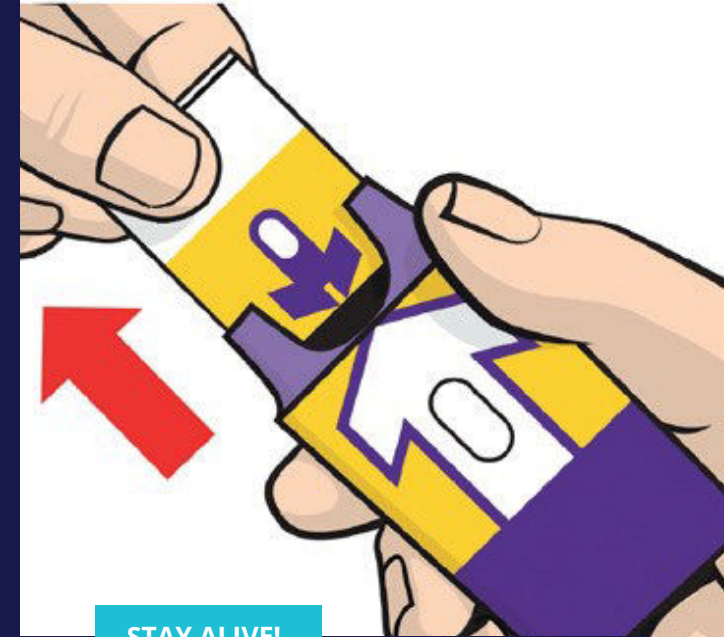
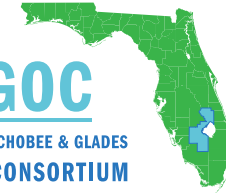
- Don't use alone - if you're alone and you stop breathing, you're dead.
- Don't combine opioids with alcohol or other drugs.
- Don't use an opioid from an unknown source.
- Use a smaller amount than you did before.
- Carry Naloxone and make sure your friends and family know where you store it and how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

**HOGOC**

HENRY, OKEECHOBEE & GLADES  
OPIOID CONSORTIUM



**STAY ALIVE!**

## USE NALOXONE

To access local resources, like treatment providers, naloxone refills and recovery support, visit:

[www.hogoc.org](http://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](http://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](http://www.mara-international.org/onlinemeetings)

5.

## NA and AA Groups

• **Narcotics Anonymous Gulf Coast Area:**  
24-hour hotline: 866-389-1344  
[www.nagulfcoastfla.org/](http://www.nagulfcoastfla.org/)

• **National Virtual Narcotics Anonymous**  
[www.virtual-na.org/meetings](http://www.virtual-na.org/meetings)

• **Alcoholics Anonymous Lee County Area:**  
Call 24-Hour Hotline: (239) 275-5111  
[www.leecountyaa.org/meetings](http://www.leecountyaa.org/meetings)  
[lcai@leecountyaa.org](mailto:lcai@leecountyaa.org)

6.

## Family Support

• **FA (Families Anonymous):** 800-736-9805,  
[info@familiesanonymous.org](mailto:info@familiesanonymous.org),  
[www.familiesanonymous.org](http://www.familiesanonymous.org)

• **Al-anon groups for families:** 1-888-425-2666,  
[www.al-anon.org](http://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.okeesheriff.org](http://www.okeesheriff.org)

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](http://www.mara-international.org/onlinemeetings)

• **Worship-centered 12-Step Recovery - Celebrate Recovery:** 863-801-2404,  
[www.okeechobeeecog.com/events/celebrate-recovery](http://www.okeechobeeecog.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](http://www.beta.treasurecoastna.com)

• **National Virtual Narcotics Anonymous:**  
[www.virtual-na.org/meetings](http://www.virtual-na.org/meetings)

• **Alcoholics Anonymous St. Lucie Area:**  
24 Hour Hotline: (772) 873-9299  
[www.aastlucieintergroup.com/meetings](http://www.aastlucieintergroup.com/meetings)

6.

## Family Support

• **FA (Families Anonymous):** 800-736-9805,  
[info@familiesanonymous.org](mailto:info@familiesanonymous.org),  
[www.familiesanonymous.org](http://www.familiesanonymous.org)

• **Al-anon groups for families:** 1-888-425-2666,  
[www.al-anon.org](http://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 opioïd oswa jwenn èd, eskane kòd sa a lè l sèvi avèk yon aparèy mobil