

How to Make an Overdose Plan

1. Start a conversation about needing a rescue peer
 - Mistakes can happen when using pain medication.
 - I need someone to help me stay safe and out of pain.
 - This person can be a family member or friend.
 - We call this person a rescue peer.
 - Too many pain pills or mixing with other drugs or alcohol can make me stop breathing.
 - I am now a member of CCNC. They have given me a naloxone rescue kit.
 - The kit has a DVD that describes what an overdose looks like and what to do.
 - The kit also has the medicine, Naloxone, you will use to start me breathing again.
 - The kit location is written on the Project Lazarus magnet that's on the 'fridge door.
2. Who is your rescue peer? _____
3. What your rescue peer needs to do.
 - Watch the Project Lazarus DVD.
 - Learn signs and symptoms of an overdose and how to rescue.
 - Review naloxone rescue kit contents.
 - Know location of rescue kit.
 - Call Project Lazarus (336-667-8100) for questions about responding to an overdose.
4. If your prescription is not working, call your doctor.
 - Don't self medicate.
5. What to do if you are taking pain pills not prescribed for you or not following your doctor's advice.
 - Don't mix your pills with other drugs or alcohol.
 - Call your peer and ask this person to check on you hourly.
 - Make sure someone can get to you if needed.
6. What your peer should NOT do in case of an overdose.
 - Put me in a bathtub for a cold shower. I could drown.
 - Give me stimulants, like coffee. They don't work.
 - Put ice on my body to wake me up. It wastes time and doesn't work.

IF A RESCUE IS NEEDED, BE SURE TO CALL 911.

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