JUST SAY “KNOW” TO PREVENT OD
Honest conversations with or between friends who use opiates are crucial to keeping them alive. We have compiled a helpful list that you can use when talking to those you love about how to respond in case of an overdose. Do this today, and have a safety plan ready BEFORE an emergency arises.

OD Prevention/Management Checklist

1) Do you know OD prevention techniques?
2) Do you know when to act for them (color/breaths)?
3) Do you know if/when they want you to call 911?
4) Do you know if/when they want rescue breathing?
5) Do you know if/when they want naloxone?
6) Do you know how and where they want naloxone given and how much?
7) Do you know if/when they want to go to the hospital ER?
8) Have you agreed to stay with them to support them while naloxone wears off (about an hour after it is given)?
9) Have you gotten them to commit to not use again while they
10) Do you know where they keep their naloxone, and do they know where you keep yours?
BONUS: Are there other comments you noted during this conversation?