

Overdose prevention and response in Washington State

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Why overdose prevention & response?

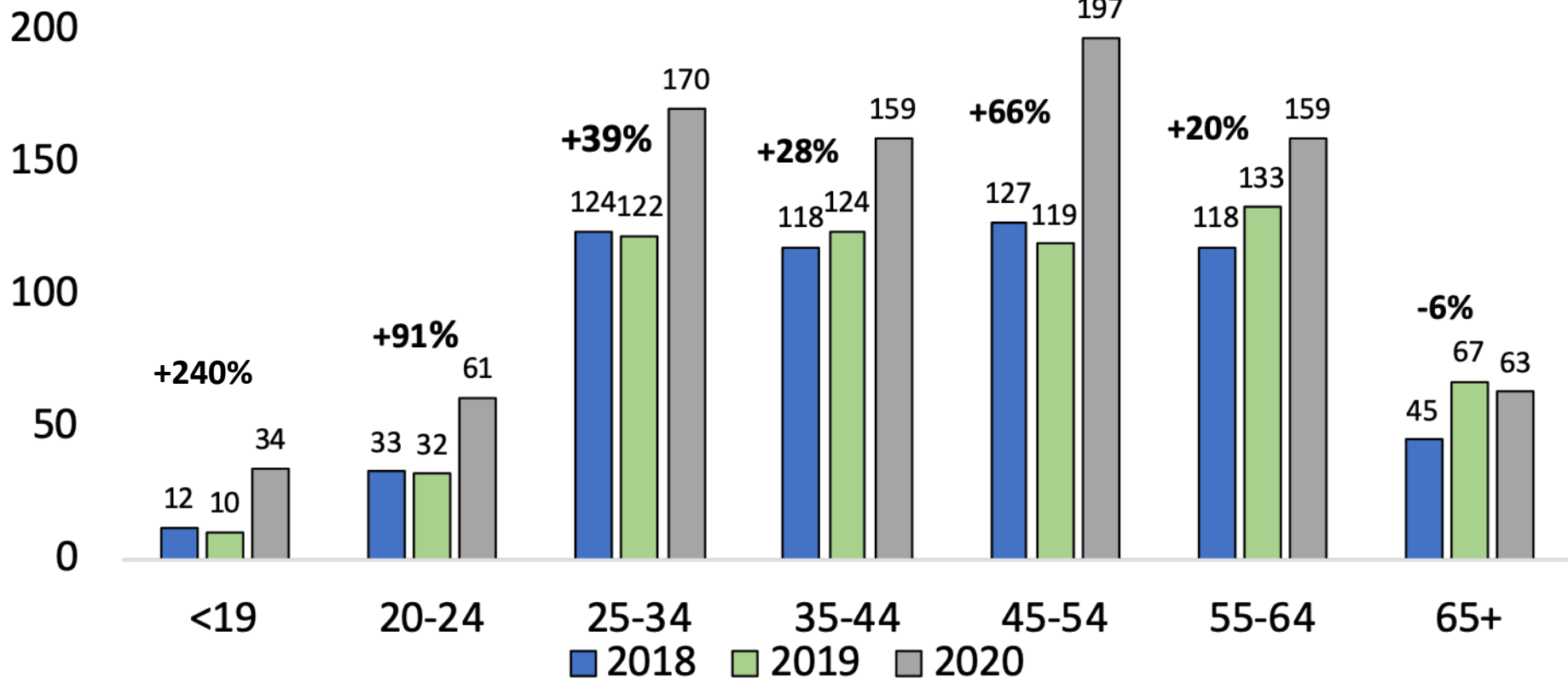
- Many people in our communities are at risk for dying from overdose.
- We should all have the tools and knowledge to save a life.

Would you know how to spot an **overdose**?

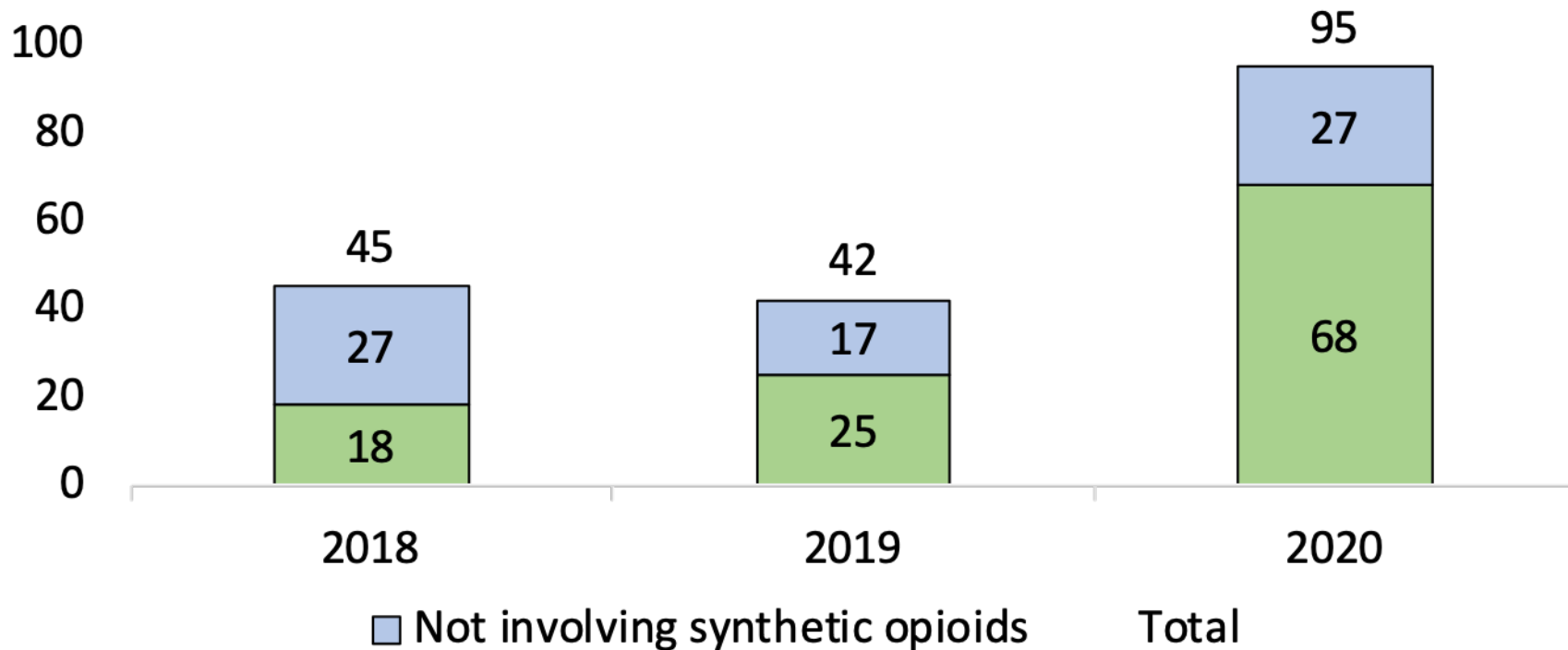


Learn to save a life at stopoverdose.org

Overdose deaths from any drug, first half of 2018-2020:
WA residents
(preliminary data as of 3.15.2021)



Overdose deaths first six months of 2018-2020 among people <25 in WA State



Fentanyl in WA



**LACED &
LETHAL**

**STEP UP
AGAINST FENTANYL**

More and more substances are being laced with fentanyl. In just two years (2018-2020), King County saw a 167% increase in the number of fentanyl overdose deaths. Keep scrolling for life-saving steps EVERYONE can take to

- Fentanyl deaths are up dramatically in WA and the US.
- Can be in any drug not directly prescribed to you.
- People who use drugs, or are around people who do should have naloxone, the overdose antidote.

Don't be faked out.



Knock-off pills sold on the street or online contain the deadly substance

fentanyl.

Be ready to help your friends.

Encourage them not to use "Oxycodone" or "Percocet" pills. Pills not obtained from a pharmacy are fake and contain fentanyl.



Public Health 
Seattle & King County

Fentanyl in WA

- Majority of fentanyl in WA is in counterfeit pressed pills and powders.
- East Coast it is mostly found in heroin and powdered drugs.
- You can't taste, see, smell if fentanyl is present.

Why harm reduction?

Overdose prevention and response are part of harm reduction, an approach that supports people to make their own decisions about their health and drug use at all stages of use and non-use.

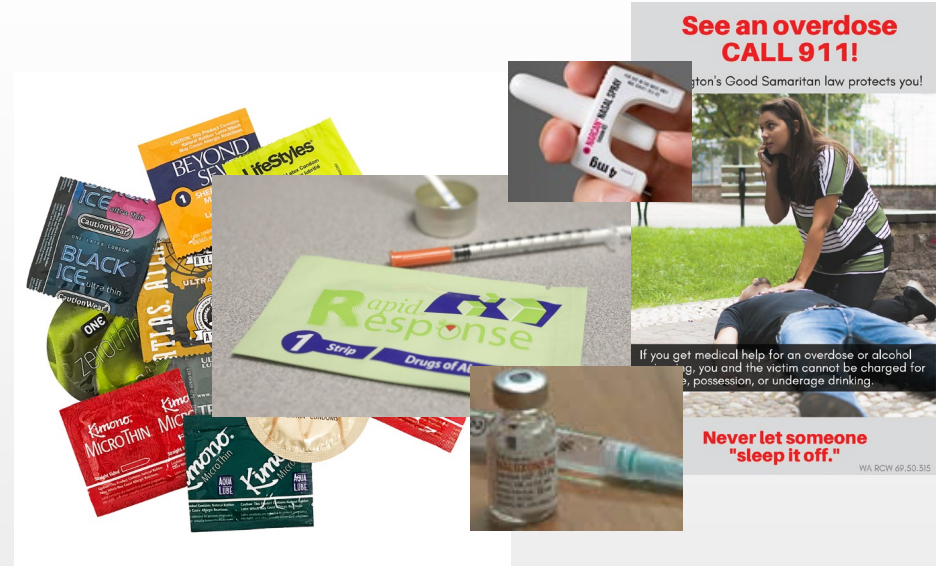
People are experts of their own lives.

Strategies to reduce harms from substance use and help people stay healthy.

The goal is health and engagement rather than focus solely on abstinence and recovery.

Examples of harm reduction for substance use

- Syringe exchange/Syringe disposal
- Naloxone/Narcan OD reversal
- Good Samaritan
- Condoms
- Fentanyl testing strips
- Drug testing
- Law Enforcement Assisted Diversion
- Wound care clinics
- Primary care
- Drug treatment
- Safer smoking supplies
- HIV/HCV testing
- PrEP (pre-exposure prophylaxis for HIV)



Programs respond to client needs and research evidence

Syringe services programs in Washington

- Provide a huge range of services including:
 - Naloxone and overdose education
 - Exchange used syringes for unused
 - Safer injection supplies
 - HIV/HCV testing
 - Referrals to treatment and housing
- Some also offer:
 - Low barrier buprenorphine
 - Hepatitis C treatment
 - HIV case management
 - Safer smoking supplies

What can students do?

- **Know the signs of overdose and carry naloxone.**
- Call 911 and get help if you think someone is having a medical emergency, including overdose.
- Talk to other people about naloxone and overdose response.
- If you use drugs:
 - Never use alone
 - Use a small amount or test amount
 - Avoid mixing drugs
 - Carry naloxone and let other people know you have it
 - Reach out for help if you want to stop or cut back. Buprenorphine and methadone can cut your risk of dying in half.

Good Samaritan Law

- Encourages people to call 911 for an overdose or alcohol poisoning.
- In WA provides protection from prosecution for possession.

**See an overdose
CALL 911!**

Washington's Good Samaritan law protects you!



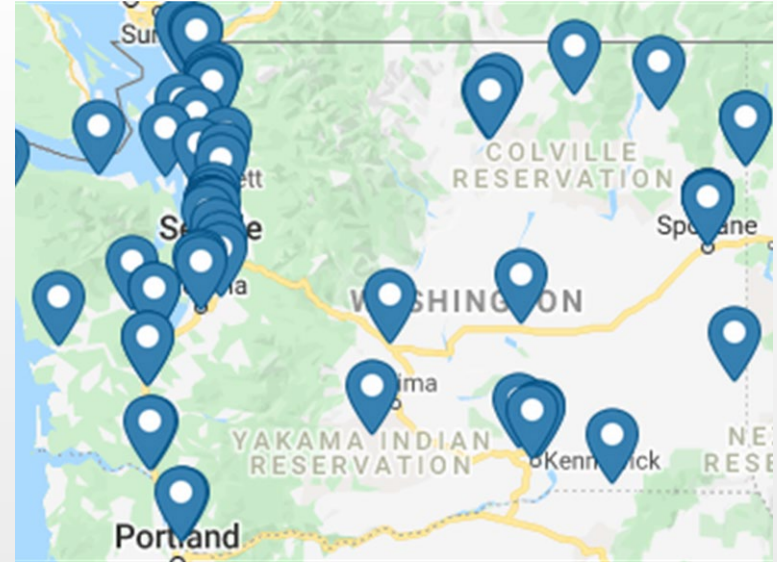
If you get medical help for an overdose or alcohol poisoning, you and the victim cannot be charged for drug use, possession, or underage drinking.

**Never let someone
"sleep it off."**

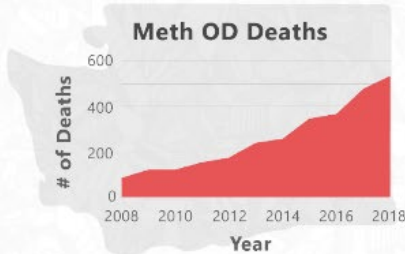
WA RCW 69.50.315

Where to get naloxone in WA State

- **Community organizations**
 - All syringe services programs provide it
 - Many other community organizations
- **Pharmacy**
 - Anyone in WA can use the Statewide Standing Order for Naloxone to get naloxone from a pharmacy. No co-pay with Medicaid.



Meth Overdose: Know When to Get Help



Meth deaths have **increased 600%** in the last decade in WA State.

Learn more at stopoverdose.org



Watch for these danger signs:

- Super fast heart rate (2-3x faster than normal)
- High body temperature (sweating or hot, dry skin)
- Really painful headache
- Chest pain or tightness
- Can't walk or move
- Won't wake up
- Can't feel arms or legs
- Seizure or shaking you can't control



Call 911:

If you see these signs, **call 911** or get medical help right away!

The **Good Samaritan Overdose Law** protects you and the victim from prosecution for drug possession.



Washington
Recovery Help Line
24-hour help for substance abuse, problem gambling & mental health
1.866.789.1511

Want help to cut down your meth use?

Call the Washington Recovery Help Line at 1.866.789.1511

ADAI UNIVERSITY of
WASHINGTON

What can colleges do?

- **Have naloxone on campus and provide it to students.**
 - Naloxone from ADAPT Pharma for college campuses: Contact Miae Aramori for WA, aramorim@ebsi.com
 - Order naloxone from their state Department of Health, in WA: Sean.Hemmerle@doh.wa.gov
 - Purchase naloxone under a statewide standing order to distribute to students through student health, RA's, campus organizations.
- **Educate campus staff about naloxone and overdose education.**
- **Educate students and staff about fentanyl and methamphetamine.**

Resources

- [Stopoverdose.org](https://stopoverdose.org)
 - OD response video and brochure
 - Naloxone locator map
- [Learnabouttreatment.org](https://learnabouttreatment.org)
 - Info about the medications for opioid use disorder
- [Washington Recovery Help Line](https://www.wa.gov/health/recovery-help-line)
 - Connect to providers for help and treatment for yourself or a loved one
- WA Dept of Health: [Overdose Education and Naloxone Distribution Program](https://www.wa.gov/health/overdose-education-and-naloxone-distribution-program)
 - Overdose response video and brochure
 - Info about naloxone for your agency or campus

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