Understanding and Responding to Opioid and Simulant Overdoses

1600

1400

Number of Deaths

1200

1000

800

600

400

200

0

# Opioid and Stimulant-Related Deaths in MA

\*

2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019

Opioids Only Stimulants Only Opioids with Stimulants

\* Deaths involving both opioids and stimulants have increased steadily from 125 in 2013 to 734 in 2019.

Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2019 on CDC WONDER Online Database, released in 2020. Data are from the Multiple Cause of Death Files, 1999-2019, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at [*http://wonder.cdc.gov/mcd-icd10.html*](http://wonder.cdc.gov/mcd-icd10.html)on Jul 9, 2021

# Recognizing a Suspected Overdose

Opioid

* Blue lips and fingertips for light skin, gray or ashen for darker skin
* Pinpoint pupils
* Breathing slow, irregular, or stopped
* Pulse slow, erratic, or absent
* Nonresponsive to voice or sternal rub

Stimulant

* Hyperthermia (resident may be very hot)
* Mental distress (anxiety, paranoia, panic, hypervigilance, hallucinations)
* Dilated pupils
* Rapid breathing
* Rapid or irregular pulse
* Teeth grinding or erratic movements
* Hypertension, chest pain, tremors

Opioids

# Responding to a Suspected Overdose

If non-responsive after 3 minutes, give another dose of Narcan

or CPR, if trained

Check for signs of an overdose

Call 9ll Give Narcan Begin rescue breaths

Stay with the person until help arrives

## Stimulants

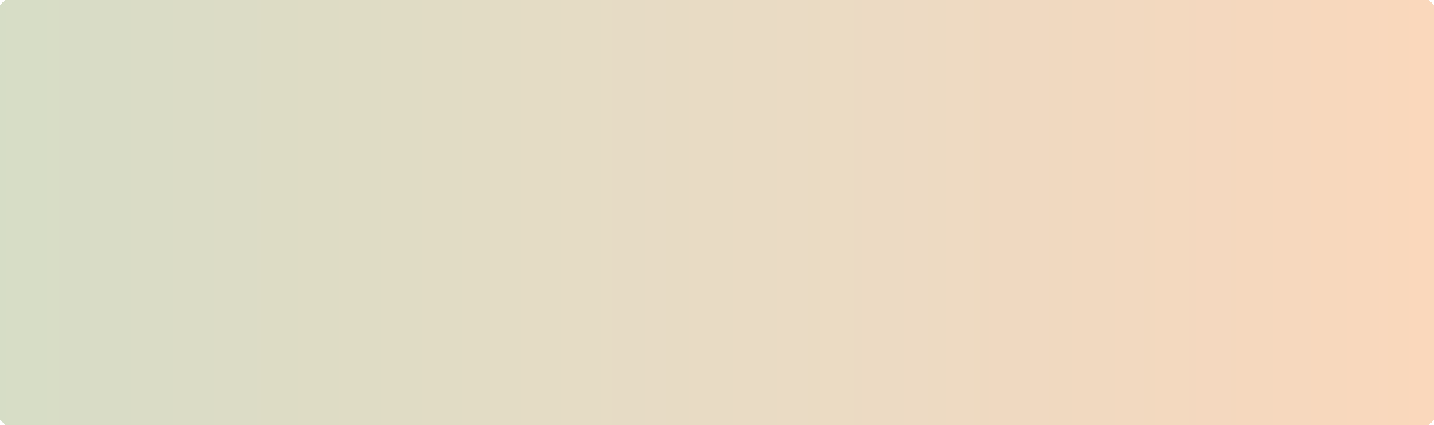
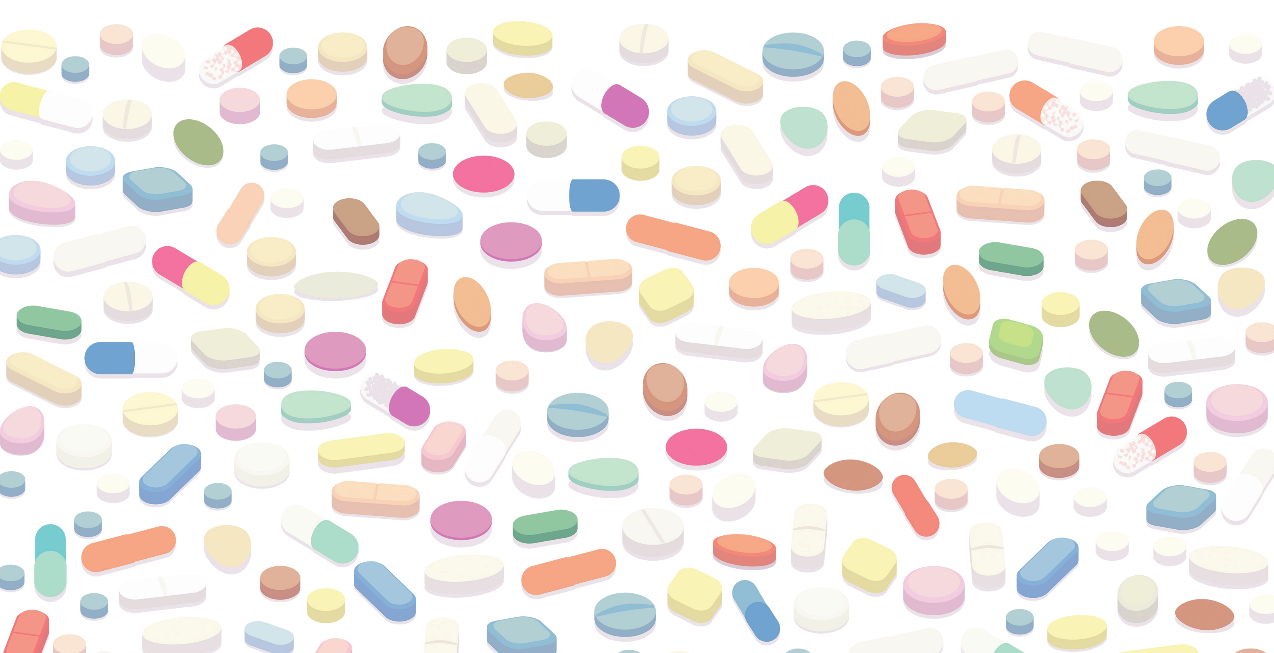
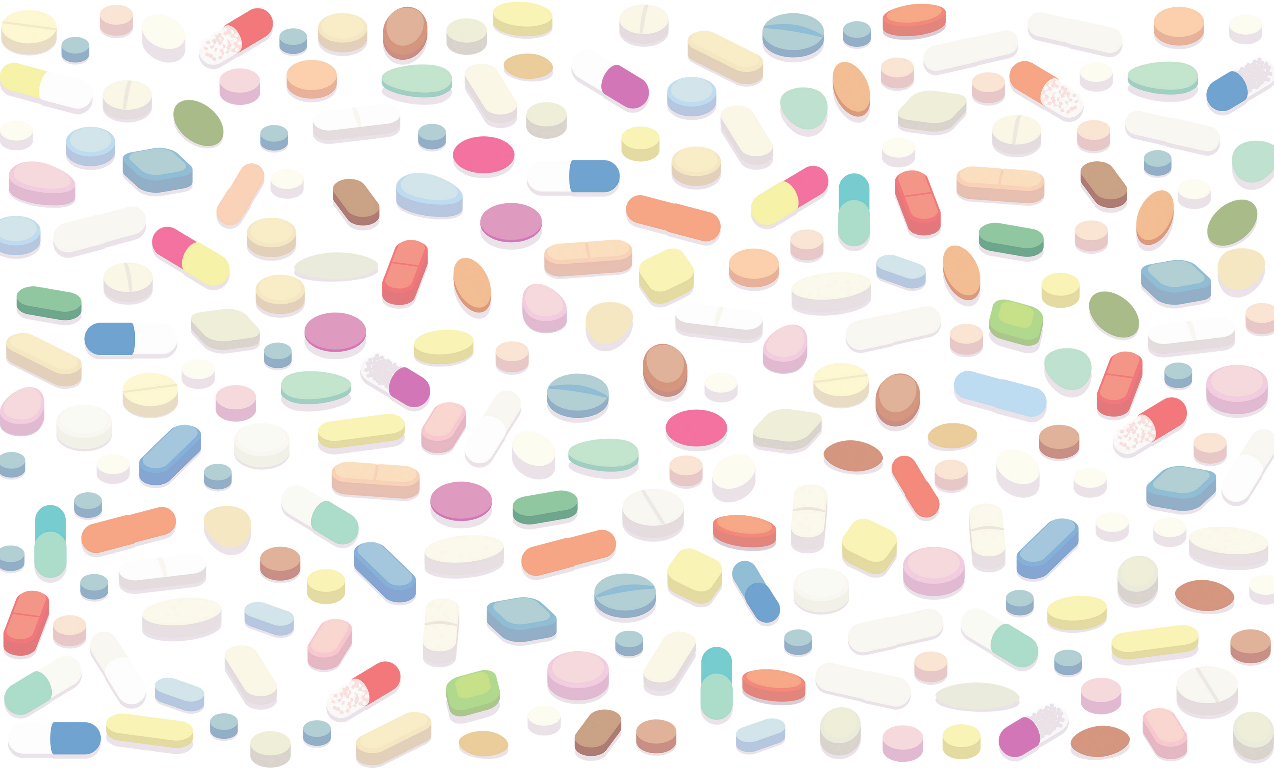
Attempt to de-escalate

Narcan only works on opioids;

however, if suspected exposure to opioids, administer Narcan

If suspected exposure to opioids and

non-responsive after 3 minutes, administer another dose of Narcan



Source: [*www.mass.gov/narcan*](http://www.mass.gov/narcan), visit for Spanish version

This document was modified from the Substance Abuse and Mental Health Services Administration (SAMHSA) Evidence-Based Resource Guide Series, Treatment of Stimulant Use Disorders *https://store.samhsa.gov/sites/default/files/SAMHSA\_Digital\_Download/PEP20-06-01-001\_508.pdf* and

from the Boston Medical Center Office-Based Addiction Treatment Training and Technical Assistance presentation, Introduction to Methamphetamines, presented to the Lynn Health Center, May 10, 2021.