

Together we can take action to reduce overdose in our city.



**No One
Should Die of
an Overdose.**

NYC
Health

No one should die of an overdose.

Together we can take action to reduce overdose in our city.

- Fentanyl is a powerful opioid that increases the risk of overdose and is driving record numbers of overdose deaths in New York City (NYC).
- Fentanyl is present in nearly all heroin. It is also found in cocaine, crack, methamphetamine, ketamine and pills from nonmedical sources. Some New Yorkers who use drugs may not know that fentanyl is in their drugs and they are at risk.
- We can prevent overdose deaths by learning the signs and symptoms of overdose and how to respond.

How you can help:

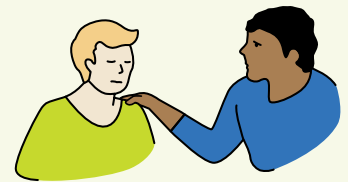
Learn the signs of overdose.

- Not responding
- Slowed or stopped breathing
- Blue, gray or white lips or fingertips
- Snoring or gurgling sounds
- Stiff, rigid or wooden-like jaw, chest or torso
- Slow or uneven heartbeat
- Seizure-like symptoms such as jerking limbs and muscle spasms



Be there for your community.

- It can be tough to have these conversations, but talking to friends, family and community members about drug and alcohol use can help save lives.
- Using drugs alone increases the risk of overdose death. Let people know about the Never Use Alone hotline at 800-484-3731. For details, visit neverusealone.com.
- If you know someone who is at risk, offer to check in with them by text, by phone, or if possible, in person.



Get naloxone.



- Naloxone (or Narcan) is a safe and easy-to-use medication that can reverse the effects of an opioid overdose.
- You can get naloxone at no cost. Call **311** to find out how.
- It is legal to carry and administer naloxone. If you see an overdose, you could save a life.



To find naloxone near you, call **311** or visit nyc.gov/health/naloxone. If you witness an overdose, call **911** immediately.

To learn more about fentanyl, scan the QR code or visit nyc.gov/health/fentanyl.



For support and resources related to drug and alcohol use, contact NYC Well: Call 888-NYC-WELL (888-692-9355), text "WELL" to 65173, or chat online at nyc.gov/nycwell.