

Are **YOU** prepared to respond to an opioid overdose?

# OVERDOSE PREVENTION TRAINING

Utah County's Department of Drug and Alcohol Prevention and Treatment offers a FREE, 75 minute course that teaches participants how to prevent and respond to an opioid overdose.

## Participants will learn:

- ❖ What an opioid is and how an overdose occurs
- ❖ How to respond to an overdose - The 5 R's
  1. **Recognize** - Signs of an overdose
  2. **React** - Call 9-1-1
  3. **Reverse** - Administer Naloxone
  4. **Respond** - Rescue Breathing/CPR
  5. **Refer** - Stay until help arrives
- ❖ Risk Factors for an overdose
- ❖ How to administer Naloxone
- ❖ Overdose prevention tips
- ❖ Where to find local resources including:
  - Drug disposal boxes
  - Naloxone kits
  - Substance use and mental health treatment

**To schedule or attend a class, please contact:**

Malyce Warner - (801) 851-7136, [MalyceW@UtahCounty.gov](mailto:MalyceW@UtahCounty.gov)