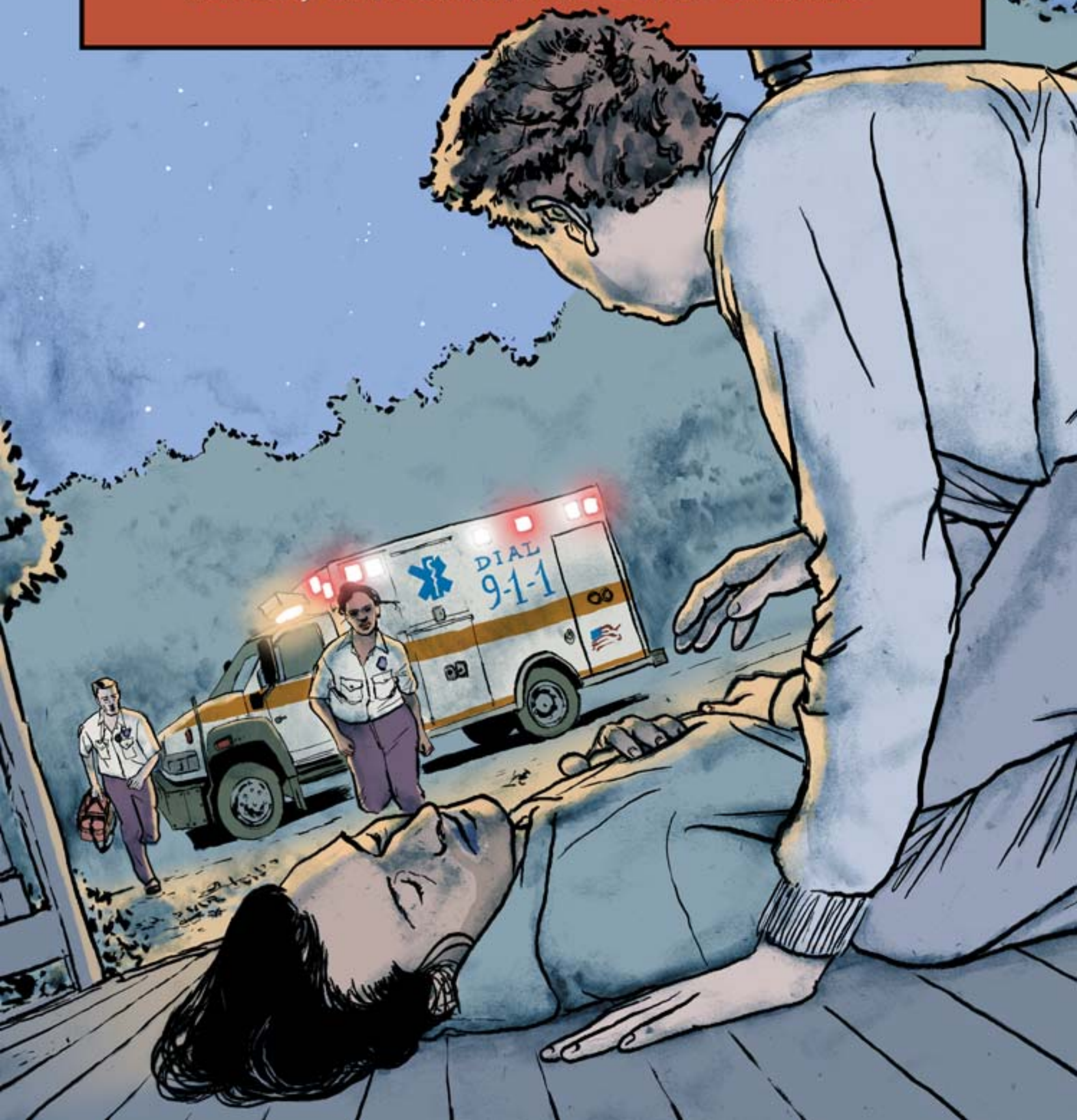


FOUR TALES OF OVERDOSE SURVIVAL

RESCUES FROM NEAR-FATAL ENCOUNTERS WITH
HEROIN, OXYCONTIN AND OTHER OPIATES







THAT'S GOOD STUFF. ENJOY.



WE HEADED TO THE GAZEBO.



NICK GOT REAL QUIET. HIS EYES ROLLED BACK IN HIS HEAD. HIS SKIN WAS COLD...CLAMMY.

NICK!



WAKE UP MAN, WAKE UP! DON'T DIE ON ME, MAN, DON'T DIE!

IT LOOKED LIKE HE WASN'T BREATHING.
I COULDN'T FEEL A BREATH...OR HEAR ONE.



I CALLED 911.

MY FRIEND ISN'T BREATHING. THE GAZEBO...
MADISON PARK.

WE'RE SENDING
AN AMBULANCE.



I TOSSED THE WORKS
INTO THE BUSHES.



YOU'LL NEED TO DO RESCUE
BREATHING. I'LL TALK YOU
THROUGH IT. TURN ON YOUR
SPEAKERPHONE AND DO
WHAT I SAY.

OKAY.



IS THERE ANYTHING IN
HIS MOUTH?

NO, HIS MOUTH IS CLEAR.



OKAY, NOW TILT HIS HEAD BACK
AND PINCH HIS NOSE. THEN
GIVE HIM TWO QUICK BREATHS.
MAKE SURE HIS CHEST IS RISING.

OKAY.



NOW BREATHE INTO HIS
MOUTH AGAIN. COUNT TO
FIVE, AND BREATHE AGAIN. IS
HIS CHEST RISING? GOOD.



I DID RESCUE BREATHING UNTIL HELP ARRIVED.

THERE HE IS!



WHEN I SAW THE EMTS COMING I TURNED NICK ON HIS SIDE. IF I LEFT HIM ON HIS BACK, HE COULD VOMIT AND CHOKE TO DEATH...OR HIS TONGUE COULD GET IN THE WAY OF HIS BREATHING.



I GOT OUT OF THERE, BUT I KNEW THEY'D TAKE CARE OF HIM.



HE'S GOT A PULSE. LET'S GET HIM IN THE AMBULANCE AND GIVE HIM THE NARCAN.



REMEMBER:

- LOOK, LISTEN, AND FEEL TO SEE IF PERSON IS BREATHING.
- CALL 911 AT THE FIRST SIGN OF OVERDOSE.
- IF BREATHING HAS STOPPED, PERFORM RESCUE BREATHING.
- WAIT WITH THE PERSON UNTIL HELP ARRIVES.
- IF YOU MUST LEAVE, TURN THE PERSON ON THEIR SIDE SO THAT THEY DON'T CHOKE TO DEATH.
- NEVER USE ALONE.

SIGNS OF OPIATE OVERDOSE:

- PERSON WON'T WAKE UP, EVEN TO YELLING THEIR NAME, OR RUBBING HARD ON THEIR BRESTBONE
- CLAWMY, COOL SKIN
- BLUE LIPS OR FINGERNAILS
- SHALLOW, SLOW BREATHING
- PINPOINT PUPILS
- SLOW PULSE OR HEART RATE
- SEIZURES OR CONVULSIONS

PARTY GIRL

ME, GINA AND KATY DID SOME XANAX EARLY THAT EVENING. GINA DID SOME OXYYS TOO.

I'M READY TO PARTY!

LET'S HIT THE CLUB.



LATER, AT THE CLUB, THIS GUY WAS BUYING GINA DRINKS.

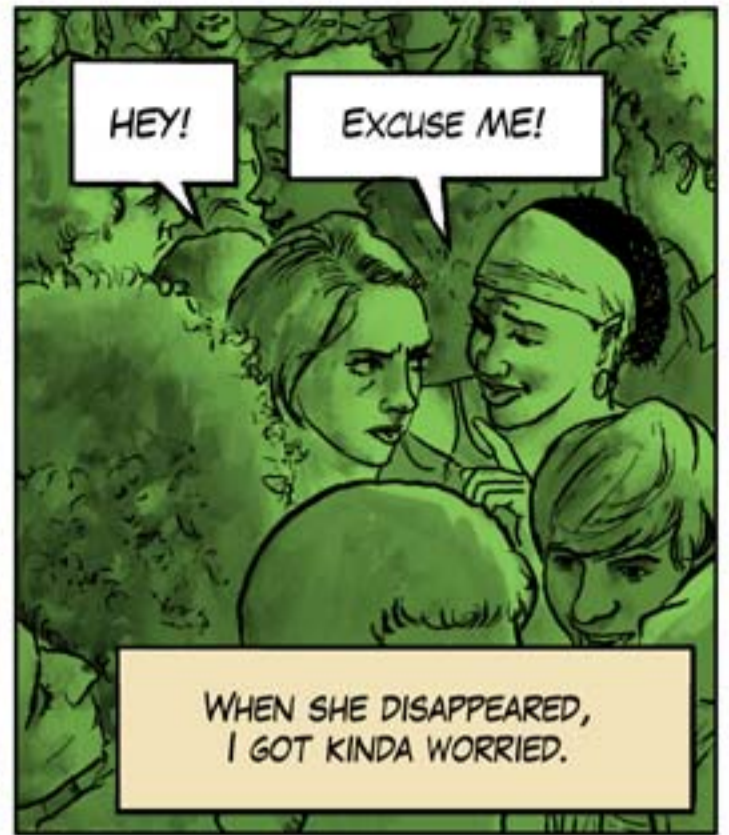
WANNA DANCE?

YEAH, COME ON, GINA!



SHE WAS LOOKING PRETTY WASTED.





I THINK SHE'S STOPPED BREATHING.
SHE OVERDOSED!

I WAS TERRIFIED,
BUT I KNEW I HAD
TO GET HELP.



I DIDN'T HAVE TIME TO PANIC. I CALLED 911
AND THEN DID RESCUE BREATHING.



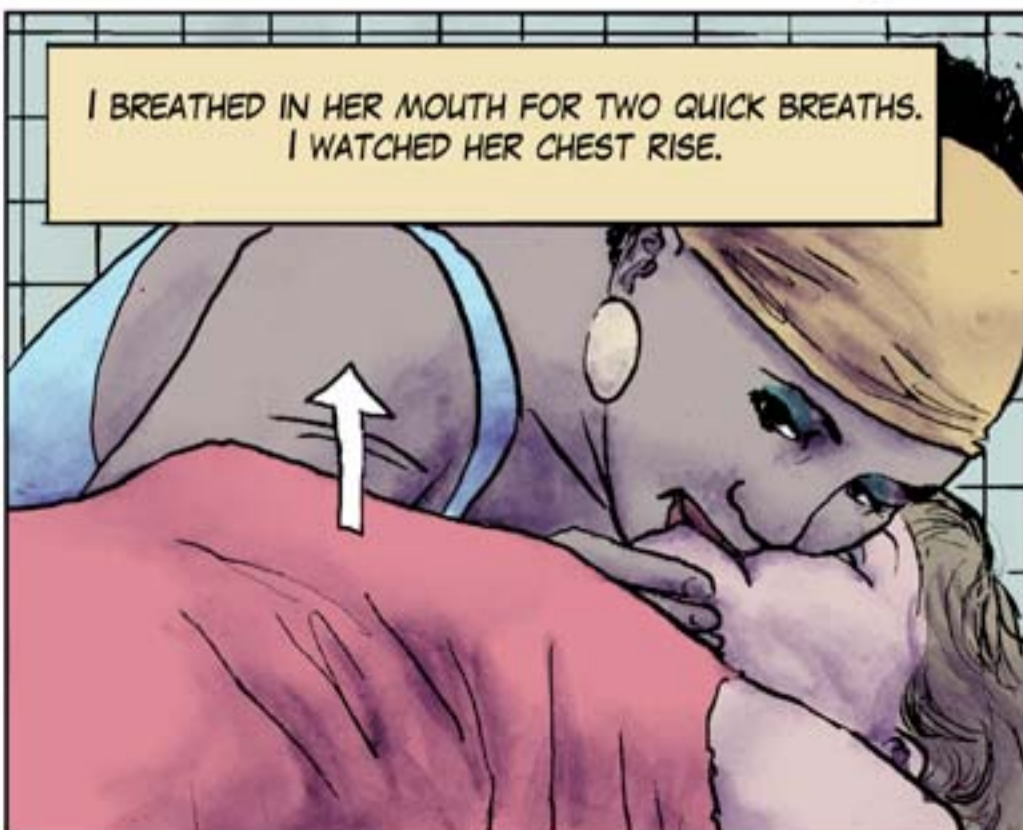
I CLEARED THE VOMIT FROM HER MOUTH.



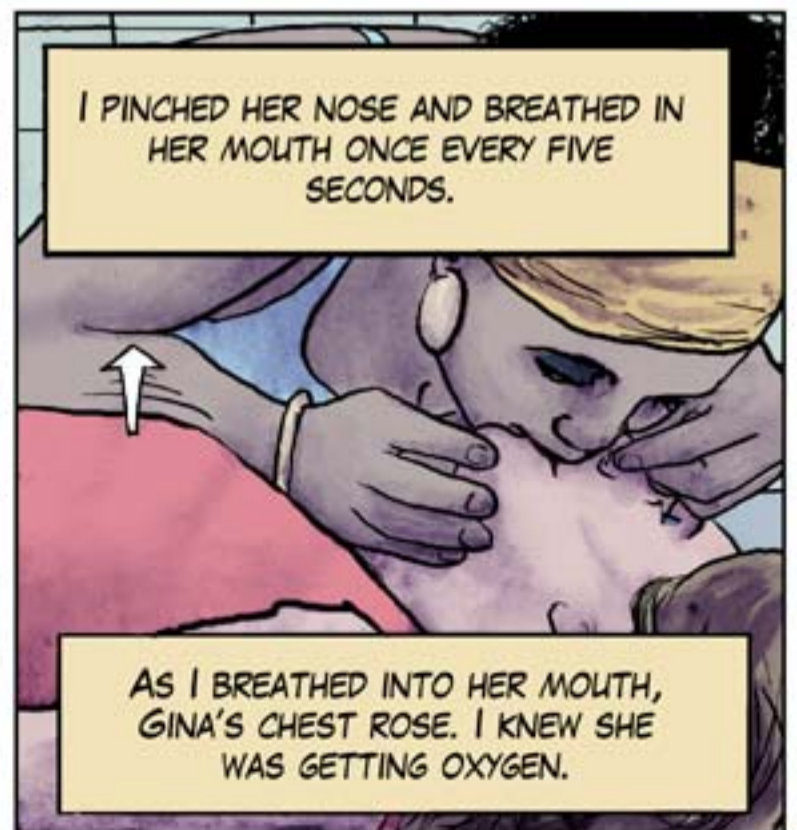
I TILTED HER HEAD BACK, LIFTED HER
CHIN AND PINCHED HER NOSE.



I BREATHED IN HER MOUTH FOR TWO QUICK BREATHS.
I WATCHED HER CHEST RISE.



I PINCHED HER NOSE AND BREATHED IN
HER MOUTH ONCE EVERY FIVE
SECONDS.



AS I BREATHED INTO HER MOUTH,
GINA'S CHEST ROSE. I KNEW SHE
WAS GETTING OXYGEN.

THE AMBULANCE SHOWED UP FIVE MINUTES LATER. IT WAS THE LONGEST FIVE MINUTES OF MY LIFE.



WHAT WAS SHE DOING?

UH...

EVERYTHING YOU TELL US CAN HELP SAVE HER LIFE!



XANAX... A COUPLE OF MARTINIS AND SOME OXYS, I THINK.



IS SHE GONNA BE OKAY?

WE'LL GIVE HER SOME NARCAN IN THE AMBULANCE. THAT'LL BRING HER AROUND.

IF IT WEREN'T FOR YOU, SHE'D PROBABLY BE DEAD NOW.



REMEMBER:

- MIXING BENZOS, OPIATES OR NARCOTIC PAINKILLERS AND ALCOHOL CAN BE DEADLY.
- CALL 911. IF YOU KNOW WHAT DRUGS THE PERSON WAS TAKING, TELL THEM.
- TO PERFORM RESCUE BREATHING:
 - MAKE SURE NOTHING IS IN MOUTH.
 - TILT HEAD BACK, LIFT CHIN AND PINCH NOSE.
 - DO TWO QUICK BREATHS. MAKE SURE CHEST RISES.
 - THEN BREATHE IN EVERY FIVE SECONDS.
 - MAKE SURE CHEST RISES AFTER EACH BREATH.

SIGNS OF OPIATE OVERDOSE:

- PERSON WON'T WAKE UP, EVEN TO YELLING THEIR NAME, OR RUBBING HARD ON THEIR BRESTBONE
- CLAMMY, COOL SKIN
- BLUE LIPS OR FINGERNAILS
- SHALLOW, SLOW BREATHING
- PINPOINT PUPILS
- SLOW PULSE OR HEART RATE
- SEIZURES OR CONVULSIONS

Out of the Past

DARRYL AND I HAD KICKED HEROIN A MONTH AGO, AND WE WERE TRYING TO STAY CLEAN. IT WASN'T EASY.

💡 # ⚡ @ !

WHEN I SAW MIKE'S BIKE PARKED OUT FRONT, I GOT HEATED. MIKE WAS STILL USING.

I WAS FURIOUS THAT DARRYL STARTED USING AGAIN.

HEY RACHEL, HOW'S IT GOING?

YOU JERK! YOU KNEW WE WERE IN DETOX!



HE'S OVERDOSING!

HE'S GOT A GOOD BUZZ.

GRGLNGL...



HE'S SNORING...
GURLING....

SNOR...



WAKE UP,
DARRYL,
WAKE UP!

...



I'M CALLING 911.

DON'T DO THAT.
THEY'LL SEND THE COPS!
LET'S SHOOT HIM UP WITH
SALT WATER...



OR...
DUMP HIM IN
THE BATHTUB
IN COLD
WATER...OR PUT
ICE ON HIS...

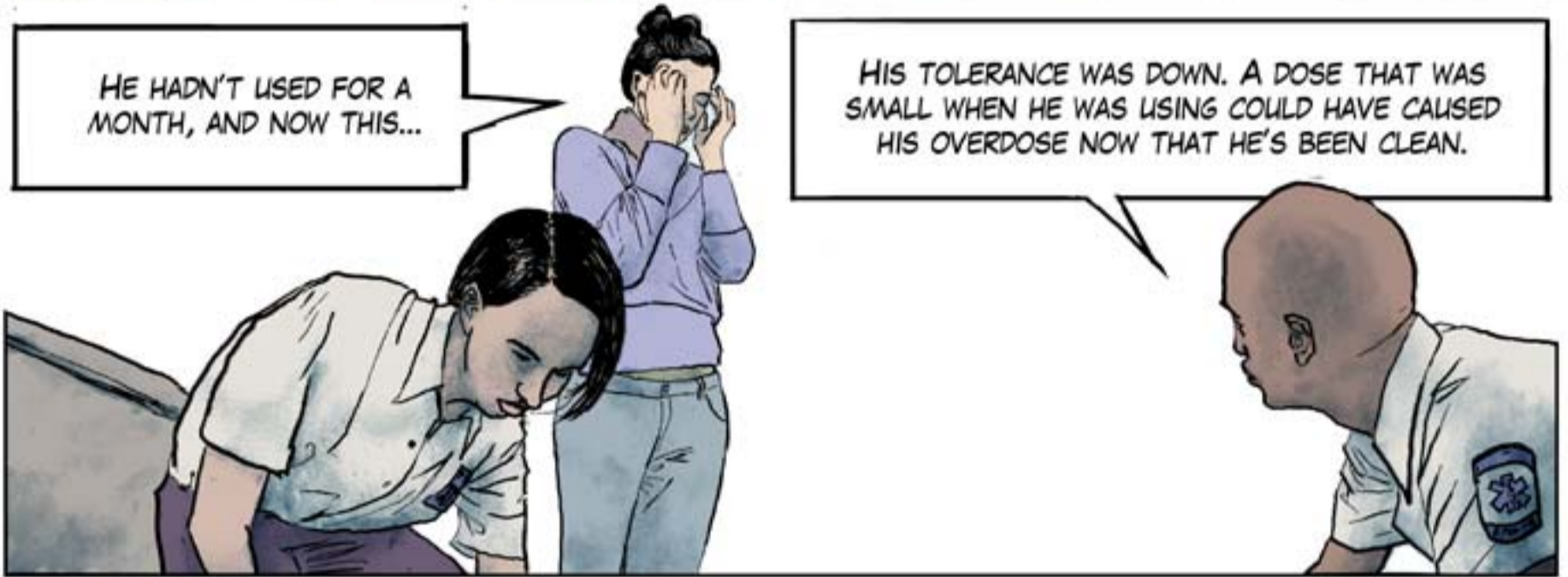
☠️⚡️#!
THAT STUFF MIGHT
NOT WORK. WE CAN'T
WASTE TIME. IF WE
DON'T GET HELP
FAST, HE'LL DIE.
#⚡️☠️!





HE HADN'T USED FOR A MONTH, AND NOW THIS...

HIS TOLERANCE WAS DOWN. A DOSE THAT WAS SMALL WHEN HE WAS USING COULD HAVE CAUSED HIS OVERDOSE NOW THAT HE'S BEEN CLEAN.



IS HE GONNA DIE?

HE'S STILL BREATHING. WE JUST GAVE HIM NARCAN. I THINK HE'LL BE ALRIGHT.

THANKS TO YOU, YOUR BOYFRIEND IS STILL ALIVE.

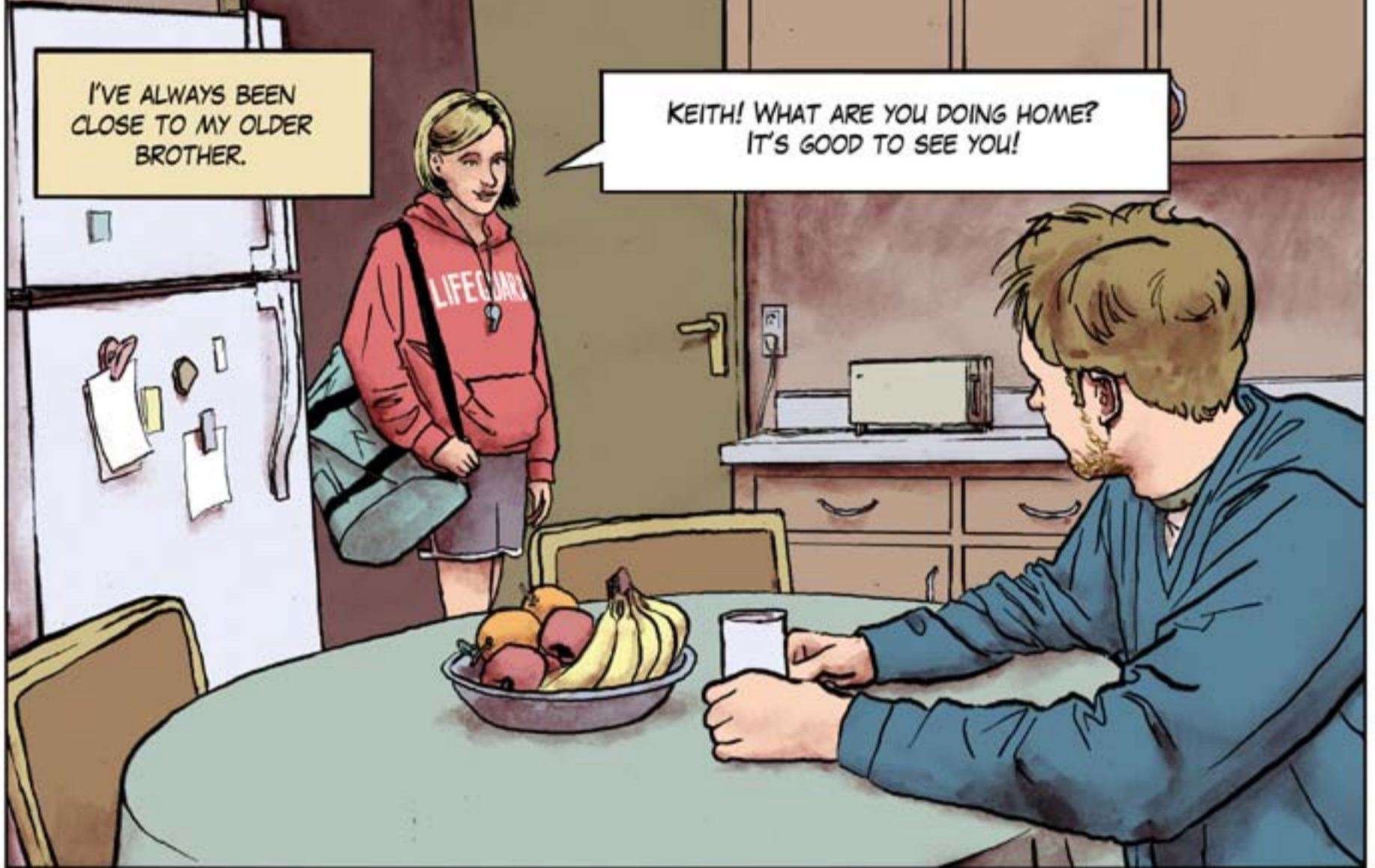
REMEMBER:

- AN OVERDOSE IS MORE LIKELY TO OCCUR WHEN SOMEONE HASN'T BEEN USING IN A WHILE.
- CALL 911 AND TELL THEM IT'S AN OVERDOSE OR THAT THE PERSON WILL NOT WAKE UP.
- IF BREATHING HAS STOPPED, PERFORM RESCUE BREATHING.

SIGNS OF OPIATE OVERDOSE:

- PERSON WON'T WAKE UP, EVEN TO YELLING THEIR NAME, OR RUBBING HARD ON THEIR BRESTBONE
- CLAMMY, COOL SKIN
- BLUE LIPS OR FINGERNAILS
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In a Dark Place

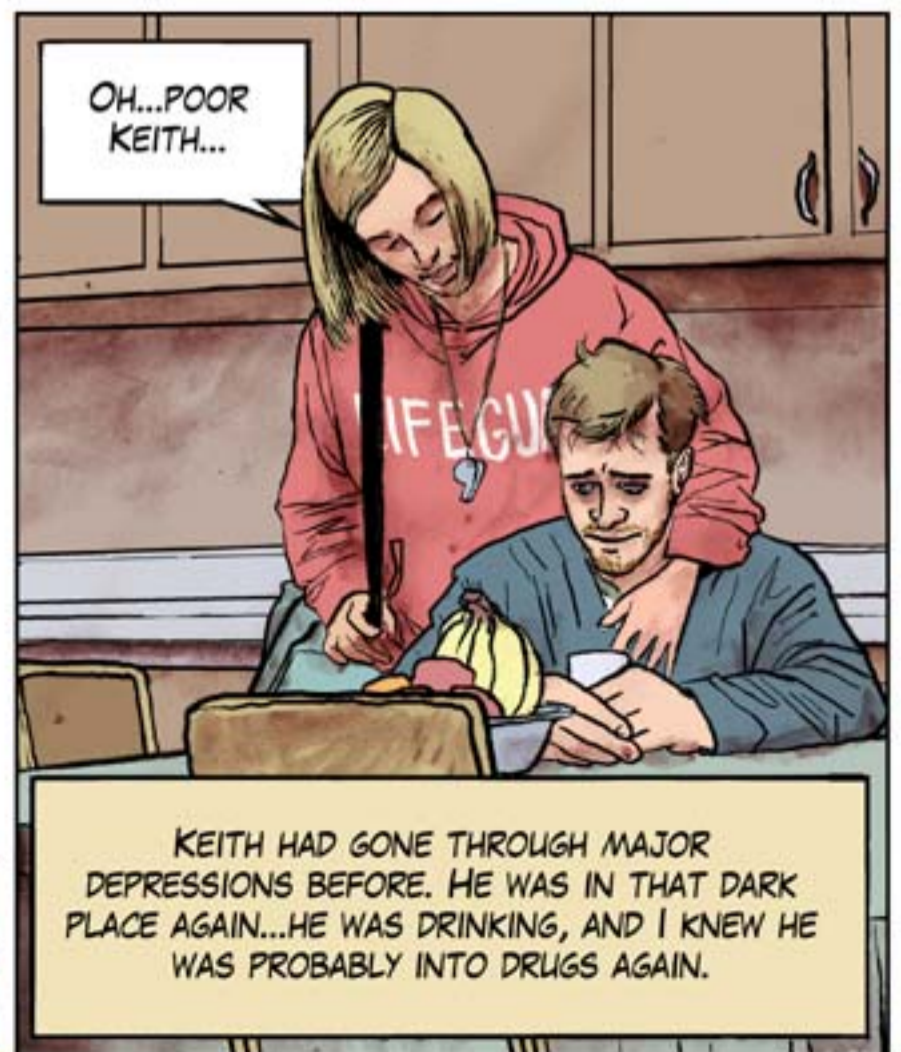


I'VE ALWAYS BEEN CLOSE TO MY OLDER BROTHER.

KEITH! WHAT ARE YOU DOING HOME? IT'S GOOD TO SEE YOU!



JULIE, HEY...I... JUST CAME BACK...FOR A BREAK.

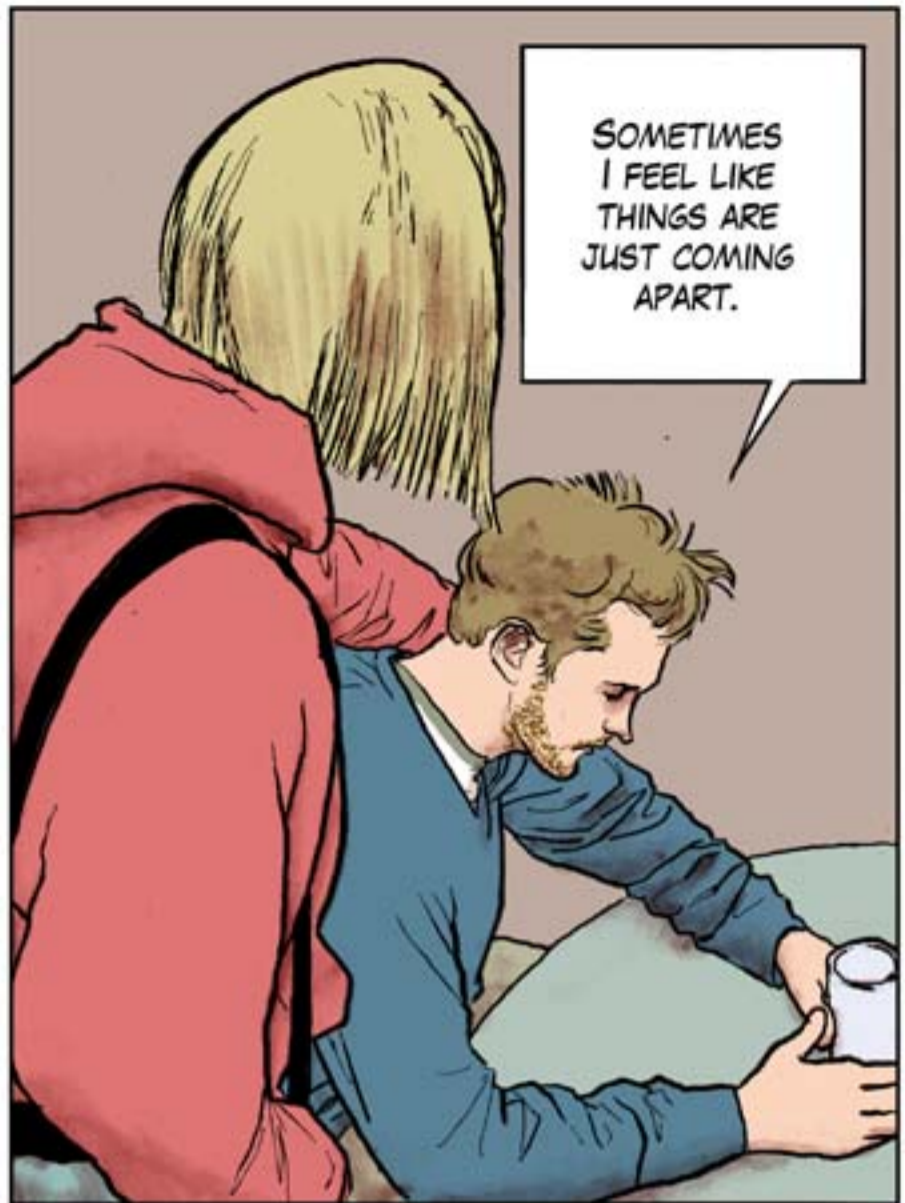


OH...POOR KEITH...

KEITH HAD GONE THROUGH MAJOR DEPRESSIONS BEFORE. HE WAS IN THAT DARK PLACE AGAIN...HE WAS DRINKING, AND I KNEW HE WAS PROBABLY INTO DRUGS AGAIN.



KEITH, YOU LOOK PRETTY DOWN. IS THAT WHY YOU CAME BACK?



SOMETIMES I FEEL LIKE THINGS ARE JUST COMING APART.



YEAH, BUT YOU ALWAYS MANAGE TO GET BACK ON YOUR FEET AGAIN. YOU'RE GONNA BE OKAY.

HOPE SO.



I'M BEAT, JULES. I'M GONNA CRASH ON THE COUCH DOWNSTAIRS.

GOOD NIGHT, KEITH.

AFTER HE LEFT, I GOT WORRIED. I COULD SEE THAT HE HAD BEEN DRINKING...AND I KNEW HE WAS INTO PILLS. HE HAD DONE HEROIN FOR A WHILE AND I'D FOUND HIM OVERDOSED DOWNSTAIRS ONCE BEFORE.



I CALLED HIS NAME, RUBBED HARD ON HIS BREASTBONE TO WAKE HIM UP, BUT HE WAS OUT COLD.



I COULDN'T HEAR HIS BREATH OR SEE HIS CHEST MOVING. HIS LIPS WERE BLUE. I WAS PRETTY SURE KEITH HAD OVERDOSED.



I CALLED 911.





HE'S NOT BREATHING...
384 ELM STREET... IN THE
BASEMENT. THE FRONT
DOOR'S OPEN.



I HAD TO GET OXYGEN
INTO HIM FAST, SO I
TILTED HIS HEAD BACK AND
MADE SURE HIS MOUTH
WAS CLEAR. I THEN
PINCHED HIS NOSE, GAVE
HIM TWO QUICK BREATHS
AND WATCHED HIS CHEST
RISE. THEN I GAVE HIM A
BREATH EVERY FIVE
SECONDS.



THEN I GRABBED
THE NARCAN WE
KEPT DOWN THERE
AFTER HIS FIRST
OVERDOSE AND PUT
IT TOGETHER.



I DID RESCUE BREATHING AGAIN FOR A FEW MINUTES
UNTIL THE NARCAN WORKED AND HE CAME TO.

WHAAA... WHAT
HAPPENED?



THEN I TURNED HIM ON HIS SIDE SO HE WOULDN'T CHOKE ON HIS SALIVA, AND I TRIED TO KEEP HIM CALM.

IT'S GONNA BE OKAY, KEITH, IT'S GONNA BE OKAY.



WHAT WAS HE TAKING?

HEROIN...UHH...HE WAS DRINKING AND HE COULD'VE TAKEN ANY OF THESE, AMBIEN, XANAX, PROZAC... I GAVE HIM NARCAN TO BLOCK THE HEROIN AND HE CAME TO.



IS HE GOING TO BE OKAY?

GOOD THING YOU HAD THE NARCAN AND KNEW WHAT TO DO. EVERY SECOND COUNTS.

REMEMBER:

- MIXING HEROIN AND PILLS AND ALCOHOL CAN BE DEADLY.
- LOOK, LISTEN, AND FEEL TO SEE IF PERSON IS BREATHING.
- CALL 911.
- IF THE PERSON IS NOT BREATHING, PERFORM RESCUE BREATHING.
- ADMINISTER NARCAN, IF YOU HAVE IT. (SEE BACK COVER FOR INFORMATION ABOUT FREE NARCAN.)
- IF YOU CAN, TELL PARAMEDICS ABOUT ANY SUBSTANCES THE PERSON HAS BEEN USING.

SIGNS OF OPIATE OVERDOSE:

- PERSON WON'T WAKE UP, EVEN TO YELLING THEIR NAME, OR RUBBING HARD ON THEIR BRESTBONE
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OVERDOSE PREVENTION AND SUBSTANCE ABUSE TREATMENT SERVICES AND INFORMATION

MASSACHUSETTS OVERDOSE PREVENTION INITIATIVE

- Free and confidential training on preventing, recognizing and responding to overdose. Training includes rescue breathing and free Narcan.
- Nasal Narcan will be distributed in these pilot sites:

-Boston
-Brockton
-Cambridge
-North Shore (Lynn and Gloucester)
-Fall River

-New Bedford
-Cape Cod (Hyannis and Provincetown)
-Northampton
-Springfield
-Other locations coming soon.

For more information and the latest list of locations call:

(Toll free) 1-800-327-5050

TTY: 1-617-536-5872

www.helpline-online.com

BOSTON PUBLIC HEALTH COMMISSION A.H.O.P.E.

- Recorded information on opioids and overdose prevention

(Toll free) 1-800-383-2437

MASSACHUSETTS SUBSTANCE ABUSE INFORMATION AND EDUCATION HELPLINE

- Free and confidential information and referrals to public and private treatment programs and Narcan sites.
- Massachusetts Department of Public Health-supported services may be available
- Translation available in 140 languages

(Toll free) 1-800-327-5050

Staffed 24 hours a day, 7 days a week

TTY: 1-617-536-5872

www.helpline-online.com

ADDITIONAL MASSACHUSETTS PREVENTION RESOURCES

- A variety of pamphlets and booklets are available at the Massachusetts Health Promotion Clearinghouse: maclearinghouse.com, 1-800-952-6637.

MASS 2-1-1 CALL CENTER

- Confidential, free referrals to local providers and services during a crisis
- Information about government services and benefits, non-profit organizations and support groups

(Toll free) 1-877-211-6277 (In some areas, call 211)

Monday-Friday, 8am - 8pm

TTY: 617-536-5872

www.mass211help.org



MA Department of Public Health



Prevent • Treat • Recover • For Life

www.mass.gov/dph/bsas

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