

What are Opioids?

Strong Pain Reliever

Opioids are a class of substances that activate an area of nerve cells in the brain and body called opioid receptors that block pain signals between the brain and the body.

Production of Opioids

Opioids can be produced for mass pharmaceutical sale as prescription medications or illicitly as part of the underground drug trade.

Can Be Taken in Different Ways

- ▶ Injected
- ▶ Snorted
- ▶ Inhaled
- ▶ By mouth as pills or syrup
- ▶ Absorbed through the skin through a medicated patch

Why Do People Take Opioids?

- ▶ Pain Management
- ▶ Pleasure
- ▶ Chemical Dependence

Opioid or Not?

Common Opioids

- ▶ Fentanyl (Duragesic, Actiq, Fentora)
- ▶ Hydrocodone (Lortab, Norco, Vicodin)
- ▶ Heroin
- ▶ Morphine
- ▶ Oxycodone (OxyContin, Percocet)
- ▶ Codeine
- ▶ Tramadol
- ▶ Buprenorphine

Not Opioids

- ▶ Ibuprofen (Motrin, Aleve, Naproxen)
- ▶ Acetaminophen (Tylenol)
- ▶ Xylazine
- ▶ Cocaine
- ▶ MDMA (Molly, Ecstasy)
- ▶ Amphetamines (Adderall, Vyvanse, Ritalin, Meth)
- ▶ Benzos (Xanax)
- ▶ Sleeping Pills (Ambien, Lunesta)
- ▶ Buprenorphine

What is Fentanyl?

A Really Strong Synthetic Opioid.

Pharmaceutical Fentanyl

- ▶ Typically prescribed and monitored by a doctor as pain management after trauma, surgery, or for severe chronic pain
- ▶ 50x more potent than heroin and 100x more potent than morphine
- ▶ A safe and effective treatment in use for over 60 years

Illicitly Manufactured Fentanyl

- ▶ Inconsistent / non-existent oversight of ingredients and potency
- ▶ Often pressed into pills, mixed with heroin or marketed as heroin or other opioids. Fentanyl is also recognized and available as fentanyl in powder or pill form.
- ▶ Risk of workspace contamination when preparing other recreational drugs can lead to increased risk for people who use non-opioids (i.e., cocaine, methamphetamines, etc.).

What is a Fentanyl Test Strip?

A small strip initially designed to check for fentanyl and analogues in urine that can be used to detect fentanyl in drugs before using.



DanceSafe brand strips are yellow.



Assuretech strips (Rapid Response and other brands) are blue.

1

Diluting Your Drugs

Chocolate Chip Cookie Effect

Fentanyl can clump up or be dispersed irregularly throughout a baggy or pill, like chocolate chips in a cookie! This means that a sample of the dose might not represent the actual fentanyl present in the entire product.



FOR PHARMACEUTICAL PILLS

Counterfeit pharmaceutical tablets that contain fentanyl kill thousands of people every year. They can look exactly like the real ones, and there is no way to know whether illicitly-purchased pharmaceuticals contain fentanyl without testing them first.

- 1 Crush the entire tablet into a fine powder.
- 2 Pour the powder into a small cup.
- 3 Add approximately 4 tablespoons or a quarter cup of water.
- 4 Stir the mixture well. (Binder material may not completely dissolve. That's ok.) Proceed to STEP 2.



Unless you have your own prescription, always test pharmaceutical pills. As of 2022, opioids like Oxycodone and Vicodin are the ones most likely to be counterfeit and contain fentanyl.

FOR IV DRUG USERS

If you inject heroin or other drugs, you should test every time you inject. The easiest method is to test the residue from your spoon or cooker.

- 1 After preparing your shot, set the needle aside and wait to inject.

FOR BLOTTER LSD

- 1 Cut off a small corner of the blotter.
- 2 Soak it in a teaspoon of water for 10 minutes. Proceed to STEP 2.



FOR PRESSED MDMA ("ECSTASY") TABLETS

- 1 Use the same steps above for testing pharmaceutical pills.

WARNING: Only the DanceSafe-branded yellow fentanyl test strips work on pressed ecstasy tablets. The older, blue strips will give false positives.

FOR CRYSTALS OR POWDERED DRUGS**

- 1 Weigh your drugs. Use a milligram scale to get the weight of the crystals or powder you are going to test. Write it down so you don't forget. If you don't have a milligram scale, you can use one of our 10 mg micro scoops.

A level scoop of finely crushed powder (not rounded) is approximately ten milligrams (available at dancesafe.org/product/micro-scoop).

- 2 Place your drugs into a small container. If you are testing 50 mg or less, a standard bottle cap from any 20 oz soda bottle works great. If you are testing more than 50 mg, use a small glass or ceramic cup.

- 3 Add one teaspoon of water (5 ml) for every 50 mg of powder.



This equals five level micro scoops (50 mg total) into a standard bottle cap of water (one teaspoon or 5 ml).



You can also use a 5 ml pipette to measure the water (available at dancesafe.org/product/pipette). Whatever you use to measure, make sure the ratio of powder to water is 10 mg / ml.

20 mg into 2 ml 100 mg into 10 ml
50 mg into 5 ml 1 gram into 100 ml

- 4 Stir the mixture until completely dissolved. Proceed to STEP 2.

WARNING: If you have the older, blue strips they can give false positives with meth, MDMA and methadone, as well as cocaine that contains levamisole or lidocaine.

2

Using the Strips

After following Step 1 to dilute your drugs, it's time to use the strips.

- 1 Hold the yellow end of the test strip and insert the other end into the liquid, no higher than the top of the dotted section.
- 2 Allow the liquid to travel up the strip into the test area. This should take about 15 seconds.
- 3 Remove the strip and set it down on a flat surface. The results should appear within three minutes. Proceed to STEP 3.



3

Reading the Results

One red line on top is a **POSITIVE** result for the presence of fentanyl.

Two red lines is a **NEGATIVE** result. The lower red line may be significantly lighter than the upper red line. If you can see it at all, no matter how faint, it is still a negative result.

No red lines (or one red line on the bottom) means the test is invalid. Usually this happens because the liquid did not travel far enough up the test strip.

1 RED LINE = POSITIVE FOR FENTANYL



2 RED LINES = NEGATIVE FOR FENTANYL



Do not insert above dotted section

Capillary action pulls the liquid into the test area

IMPORTANT: Use a bright light. If the lower line appears at all, even if it is very faint, it is still a negative result.

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Reversing an Opioid Overdose

What is an Opioid Overdose?

- ▶ Body is Overwhelmed by Opioids
- ▶ Body Stops Breathing Automatically
- ▶ Lack of Oxygen Leads to Organ Shutdown

People can overdose on lots of things, like insulin and tylenol. Opioid overdoses happen when there is a toxic amount of opioids or a combination of opioids and other drugs present in the body.

1

Evaluate - are they overdosing?

Call someone's name, yell, give them a light shake. Say "I am going to give you Narcan." If they are still not responsive, the best physical stimulation to determine if someone can be woken up is a sternum rub (rubbing your knuckles on their chest bone for about 10 seconds).

2

Support Breathing

It is easiest to support breathing when someone is lying down. Once on their back, check to see if there is anything in their mouth and then lift their chin to open the airways. If the person is not breathing steadily and deeply on their own, administer two rescue breaths. Rescue breathing can be performed throughout the remainder of this process when possible.

Open airways by lifting chin slightly.



Rescue Breathing:
Tilt their neck, pinch the nose
Pull-in your air, seal your mouth on theirs.
Breathe all of your air into them. Repeat every 5 seconds.

3

Administer Naloxone

It can take 2-3 minutes for a dose of naloxone to kick in, so while you wait you should continue rescue breathing and/or call 911.

An overdose might require more than one dose. Different methods of administering naloxone are also vastly different amounts (.4 vs. 4mg).

Continue administering naloxone every 2-3 minutes as needed (nasal spray or I.M. injection).

4

Call 911

Many people who use drugs are (justifiably) afraid to call 911 because of poor past experiences with law enforcement and first responders at the scene of an overdose. Be thoughtful about informing people in the surrounding area and, if they wake up, the person who overdosed, that the police and fire fighters might be arriving shortly.

5

Monitor and Repeat

Continue rescue breathing and administering naloxone every 2-3 minutes

If you need to leave the person alone or if they start breathing regularly and are still unconscious, move them into the recovery pose.



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Aftercare

For the Person Who Overdosed

If the person who overdosed comes back, let them know what happened. “You experienced an overdose, I used naran, EMS are on their way.”

If they are revived, the person who overdosed may not want to engage with you, EMS, or anyone else. That is their right, and it is not your responsibility to force them to access care. That being said, an aftercare plan is important and worth discussing with folks who are willing to engage with you but not to go with EMS.

It is important **not to be alone** over the next few hours because they might slip back into the overdose or overdose if they use again.

- ▶ Do they have friends who will stay with them?
- ▶ Do they have friends who will come get them and take them home?
- ▶ Do the people supporting them have naloxone?
- ▶ Can they call a friend or “Never Use Alone” to stay on the line if they don’t have anyone nearby?

It is important to manage withdrawal symptoms without using again, even if they feel bad.

- ▶ Is EMS able to support with an anti-nausea or similar treatment?
- ▶ Do they need space? Water? Where is the best place to manage their symptoms?
- ▶ Are there home remedies, over the counter medications or other methods to relieve their symptoms? Note: other depressants, like alcohol or benzos, are not a good idea at this time.

Aftercare

For You

Responding to an overdose can be scary, even when you’re prepared. Do what you can to support yourself and other responders in processing what happened. At a future less intense time, debrief what happened and any changes to make to future response.

How to Get Naloxone

1

From Pharmacies, Free With Medicaid

2 boxes of nasal naloxone is available every 30 days with LA Medicaid. Everyone in the state of Louisiana can get naloxone over the counter from any pharmacy without a prescription.

2

SSPS and Community Groups

Syringe service programs, health departments and other local CBOs may have naloxone to distribute.

3

New: SHHP Harm Reduction Portal

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