

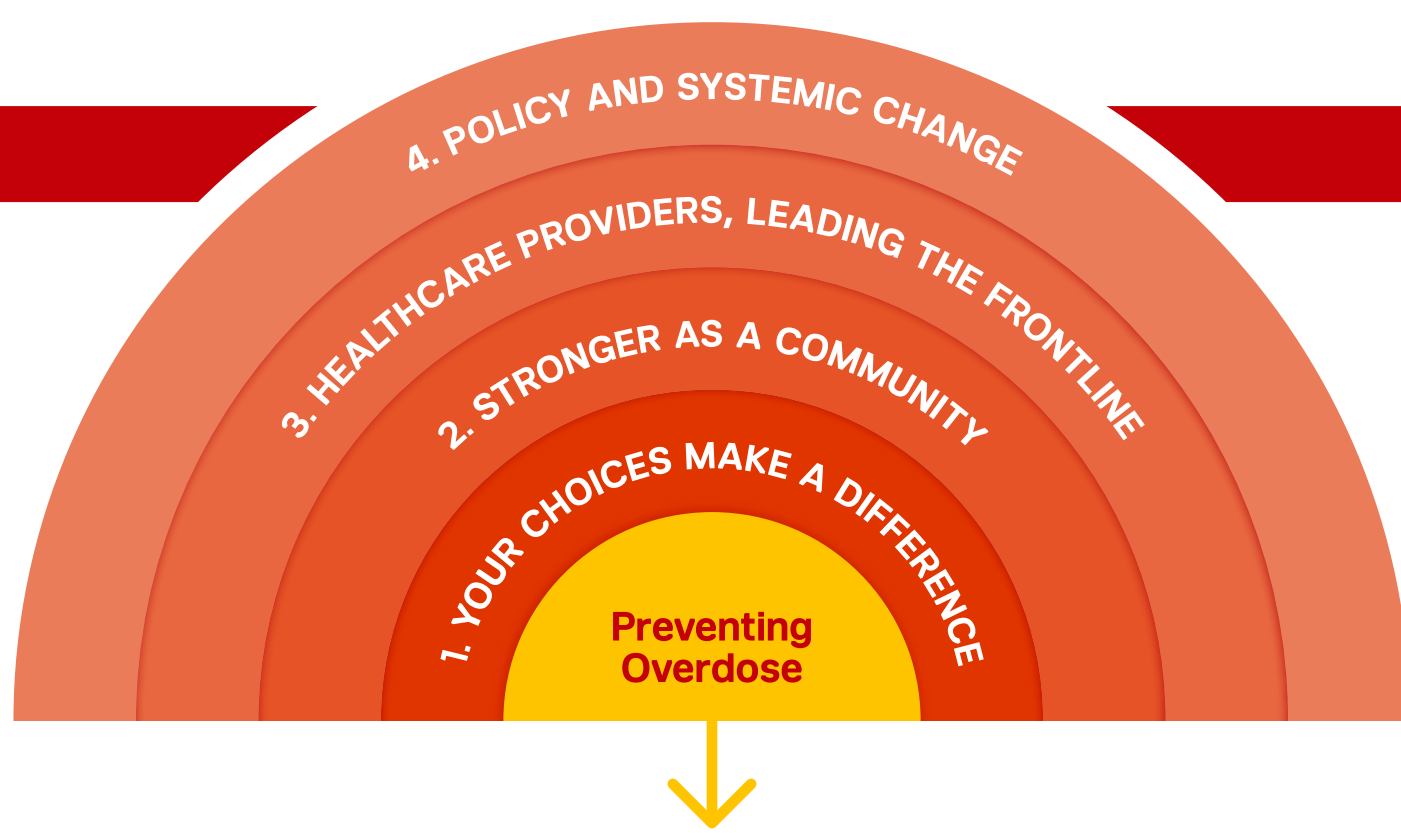


Overdose Prevention A Multi-Layered Defense

Nearly 80,000 drug overdose deaths occurred during the 12-month period ending in January 2025.*

On International Overdose Awareness Day, discover how everyone can help prevent overdose and save lives.

*The Centers for Disease Control and Prevention



1

YOUR CHOICES MAKE A DIFFERENCE



Safely store and dispose medications to reduce the risk of accidental poisoning or misuse, especially in households with children and pets.



Know the signs of overdose, including weakened or stopped breathing, loss of consciousness, pale or blue skin and drooling.



Carry naloxone (Narcan), a nasal spray that quickly reverses opioid overdose and restores breathing. You can purchase it online or at supermarkets, pharmacies and convenience stores.

2

STRONGER AS A COMMUNITY



Challenge stigma and show compassion. Substance use disorders are chronic medical diseases that involve biological and environmental factors.



Syringe services programs safely dispose of used needles and syringes to help prevent the spread of diseases.



Local support groups or national helplines through Substance Abuse and Mental Health Services Administration (SAMHSA) are available.

3

HEALTHCARE PROVIDERS, LEADING THE FRONTLINE



Responsible prescribing is part of showing good judgment when caring for patients.



Patient education on pain management alternatives can reduce reliance on opioids.



Mental health and substance use care should be integrated for holistic patient support.

4

POLICY AND SYSTEMIC CHANGE



Good Samaritan laws protect people who report an overdose.



Support policies that expand access to treatment and recovery services that help build a safer future.



Advocate for harm reduction program initiatives and research into alternative pain treatments and substance use disorder therapies.

How to Respond to an Overdose

Call 911.

Lay the person on their back and administer naloxone, if available, in one nostril.

Move the person to their side to prevent choking if there is any vomiting.

Use a second device if the person doesn't wake up within 2-3 minutes after the first spray. Give the new dose in the other nostril.

For ongoing support and specialized treatment or to discuss your health needs related to pain management and substance use disorder recovery, find a doctor at Weill Cornell Medicine. Visit weillcornell.org/doctors today.

