

# International Overdose Awareness Day

## August 31, 2021

**Deaths related to drug use and overdose are on the rise in ND. According to the Bismarck Tribune (August 16, 2021), ND had 118 drug-related deaths in 2020; a 49% increase from 2019! Isolation from the coronavirus pandemic and the wide availability of fentanyl are thought to be major factors in this rise.**

In 2019, approximately 7% of pregnant people reported using prescription opioid pain relievers. Of those, 1 in 5 reported misuse of prescription opioids (CDC, 2021). The postpartum period is often very difficult for those struggling with opioid use disorder, even once they are in recovery. It has been noted that the highest rate of opioid overdose in postpartum people occurs at 7-12 months postpartum.

### Don't Quit the Quit Asks YOU to:

#### Recognize The Common Symptoms Of An Opioid Overdose:

- Unusual sleepiness or person cannot be awakened
- Slow/shallow breathing or breathing has stopped
- Person cannot speak
- "Pinpoint" eye pupils
- Slow heartbeat
- Body is limp
- Fingernails or lips have bluish cast
- Person is vomiting or making gurgling noises



### Learn How To Use Naloxone:

Many people are scared of getting in trouble if they report an overdose and therefore do not call emergency services for assistance. However, ND has a Good Samaritan law that grants immunity "if in good faith that individual seeks medical assistance for another individual in need of emergency medical assistance due to a drug overdose." This law also protects anyone who administers naloxone in a good faith effort to reverse an opioid overdose.

Naloxone is a medication designed to rapidly reverse opioid overdose. The ND Department of Human Services, Behavioral Health Division has naloxone available for persons at risk of overdose, family members, friends, businesses, and non-profits. To request a free 2-dose Narcan kit, and learn how to respond to an overdose, visit <https://www.behavioralhealth.nd.gov/opioids>

#### Learn how to use naloxone by watching a video sponsored by the American Medical Association:

How to Use Naloxone Video: <https://www.ama-assn.org/delivering-care/opioids/how-administer-naloxone>

Don't Quit the Quit **THANKS YOU** for caring for mothers and families impacted by opioid use disorder!