



Fentanyl, Opioids & Naloxone/Narcan Training

What You Learn Can Save A Life!

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(Some Slides Courtesy of A New Path and James Fontaine,
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<https://www.saysandiego.org>

Funded by the County of San Diego Health and Human Services Agency, Behavioral Health Services
and in Partnership with the San Diego Harm Reduction Coalition

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Funding Provided By

- This PowerPoint presentation was developed, in part, with funding from the County of San Diego, Health and Human Services Agency (HHSA), Behavioral Health Services (BHS).
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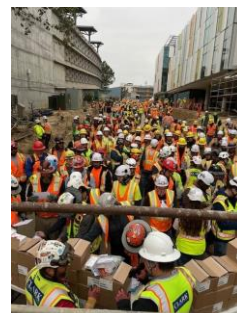
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Construction Sites UCSD Student Towers



6

San Diego Parents Warn Of Fentanyl Dangers After Losing 17-Year-Old Honor Student Son



Source: <https://tinyurl.com/3z65xtdb>

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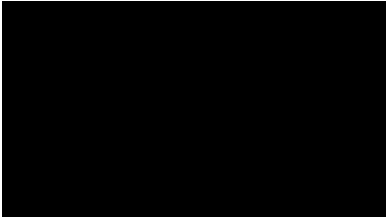
Fentanyl Warning San Diego County



Source: <https://tinyurl.com/u6ai4dew>

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National Fentanyl Awareness Day Message From
DEA Administrator Anne Milgram (May 2024)



Source: <https://www.youtube.com/watch?v=TMnzh8yiD4>

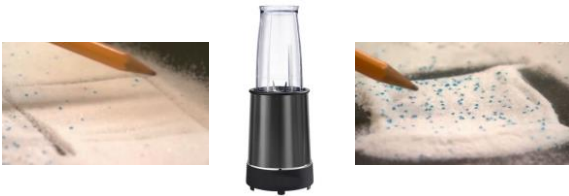
14

As little as 2 Milligrams of Fentanyl Can Cause An
Overdose and Death in an Otherwise Healthy Adult



- 2.83 Grams = 2,830 Milligrams (mg) in one sugar packet.
- 2.83 Grams of Fentanyl, could be enough to cause an overdose and death for **1,415 Adults!**
- Less than 2mg for an overdose and death in Children, Toddlers, and Babies...

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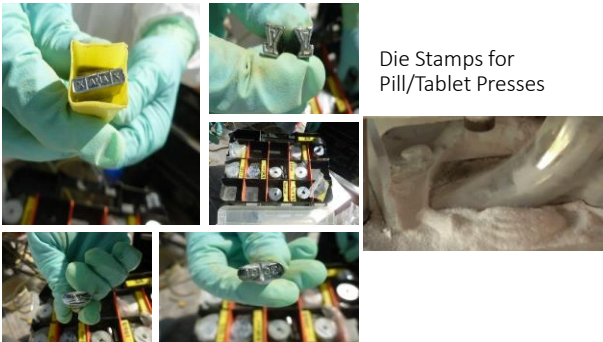
Street Sales – Unequal Mixing of Fentanyl and
Higher Concentration in Some Areas

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Pill/Tablet Presses



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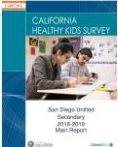
Die Stamps for
Pill/Tablet Presses

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Student Perception of Risks

Table 22.12
Prescription pain killers (VicodinTM, OxyContinTM, PercodanTM, LortabTM) - How much do people risk harming themselves physically and in other ways when they use any of the following substances without a Doctor's order (with the intent to get high)?

	Grade			
	9th %	11th %	NT %	Total %
Great	51	58	47	53
Moderate	19	18	15	18
Slight	8	6	7	7
None	23	19	31	21



Source: <https://calschis.org/reports-data/search-lea-reports/>

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What's Hiding in Illegal Opioids?



• Source: <https://www.sandiegooioidproject.org/>

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Overdoses and Deaths “It Can Happen To Anyone”

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Source: Alexander Neville Foundation <https://anfhelp.org/>

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2 TEENS IN CHULA VISTA OVERDOSE ON FENTANYL, ONE DIES

2 teens in Chula Vista overdose on fentanyl, one dies
By [Name] | August 10, 2023
CHULA VISTA, Calif. (UPI) — The Chula Vista Police Department is working to crack down on drug dealers targeting young people in the community.
Chula Vista Police said two teenagers recently overdosed on fentanyl in which one of them died. Unfortunately, they're the latest examples of the ongoing fentanyl epidemic in San Diego County.
ABC's Melissa Quirk, a former marriage and family therapist specializing in alcohol and drug addiction, about the growing drug abuse among teens.
"The tolerance of teenagers is really regulated here," Quirk said. "It's mixed into other drugs because it's cheaper, and so when drug dealers are adding fentanyl, it gives it a lot more powerful effect without the need to make it."
Chula Vista Police said a 16-year-old overdosed on fentanyl on Aug. 10. He then had to administer Narcan multiple times. Fortunately, the teen survived.
Officers said the teen was with friends who all knew the drug contained fentanyl.
The next day, a 17-year-old that was part of the same friend group overdosed. Medic tried to resuscitate them, but efforts were unsuccessful.

Source: <https://www.10news.com/news/local-news/two-teenagers-overdose-on-fentanyl-one-dies>

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San Diego Overdose Death Counterfeit Xanax Pill with Fentanyl

Family struggles to heal after son's death from fentanyl overdose

March 21, 2019 by Sasha Fox
[SAN DIEGO (KRIS)] — He was 20 years old and his father said he still can't believe he's gone. Jake Pabst would have been out on a baseball field on the Thursday afternoon with his father and older brother helping to coach the young players on the Bonita Vista High School baseball team.
His father Dave, the head coach of the Bonita team, said that Jake was taking on the role of his assistant. The team was only two practices into the season, when tragedy struck.
Last October, Jake took a pill which he thought was Xanax, a medication he took occasionally to fight the feelings of depression and anxiety. After taking the pill, Jake died.
The Medical Examiner's Office ruled his death was caused by "accidental fentanyl intoxication." Fentanyl is so powerful that even a tiny quantity equal to a few grains of salt can be deadly.
Jake's father said the question of who gave him the fentanyl-based pill is still under investigation. Jake Pabst, Jake's brother said there's a lesson for others.
"Unless it's prescribed, don't take anything. It could be mixed with fentanyl. It could be mixed with anything. Don't take it, don't even think about taking it. My brother thought he was just going to take a Xanax and go to sleep and he never woke up again," Pabst said.
It's now almost six months since Jake's death, and the family's grief still feels like a heavy weight.

Source: <https://ninyuri.com/w9zxuwyx>

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Teen girl dead from fentanyl-laced pills at Hollywood school is latest in rash of student overdoses

By Courtney C. Hoover/Breitbart News Staff, 10/22/2022 (Updated 1:04 PM EDT)

September 15, 2022

A teenage girl who died Tuesday night from an apparent fentanyl overdose at Bernstein High School in Hollywood and three other students who were hospitalized were the latest in a rash of student overdoses stemming from drugs being sold at a nearby park, according to officials.

Six students, not including the four from Tuesday night, have overdosed in the last three weeks from drugs obtained at Lexington Park, located just a few blocks from Bernstein, according to Los Angeles Unified School District Supt. Alberto Carvalho.

Carvalho met with the parents of the deceased girl Wednesday morning and confirmed that two of the four girls who overdosed, including the one who died, are 12-year-olds from Bernstein. The third girl was a 17-year-old from Hollywood High School and Carvalho didn't have information on the fourth victim.

"What happens in parks, in the streets of our community, often has a direct or indirect impact or consequence in our schools. And in the worst of possible ways," Carvalho said. "We saw that happening last night."

Source: <https://tinyurl.com/4zrp3pfr>

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Melanie's Law California Education Code 32282

- Pupil health: opioid overdose prevention and treatment: Melanie's Law.
- This law requires a comprehensive school safety plan, and the school safety plan of a charter school, for a school serving pupils in any of grades 7 to 12, inclusive, to include the development of a protocol in the event a pupil is suffering or is reasonably believed to be suffering from an opioid overdose. By creating new duties for local educational agencies, the bill would impose a state-mandated local program.
- <https://legiscan.com/CA/text/SB10/id/2845936>
- Effective January 01, 2024.

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Star Wrestler, College-bound Escondido Teen Dies Of Suspected Fentanyl Overdose



TEEN DIES FROM POSSIBLE FENTANYL OVERDOSE

10NEWS.COM

Star wrestler, college-bound Escondido teen dies of suspected fentanyl overdose

Star wrestler, college-bound Escondido teen dies of suspected fentanyl overdose; Kai Alenap.

Source: <https://tinyurl.com/m8xxx256>

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Prevention – One Pill Can Kill!

- Avoid taking prescription medications, unless prescribed for you and you know the source is from an actual pharmacy.
- You need to be pick up the prescription, so you know the medication is from a legitimate, licensed pharmacy.
- Be careful with online pharmacies – make sure they are legitimate, licensed pharmacies.
- Do not take pills from anyone else! You don't know the true source of the pills. Did they come from a drug dealer? There is no way to tell!
- Take medication only as prescribed!

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Prescription Drug Abuse Prevention

- Monitor
- Secure
- Don't Share with others
- Safe Disposal of Unused and/or Expired Medications
- DEA Take Back Days
- Don't Flush Medications Down The Toilet or Throw Into Trash
 - This avoids contamination of water and soil



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Risks to Children, Toddlers and Babies from Drug Use and Vaping

- All drugs can cause significant harm to children, toddlers and babies.
- Prescription drugs, Over-the-counter medications, nicotine in vaping liquids, tobacco products and marijuana can poison a child. Nicotine is a pesticide/poison.
- Some products may look like food, candy or a sticker that are attractive to kids.
- Drug packaging can have residue on the residue can cause and overdose/poisoning.
- Kids put things in their mouth and can consume drugs when parents are using substances and under the influence.
- Secure substances, even those that are legal to possess.

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"Wow that was a lot stronger than I expected."
 "He trusted this person, and that was the last thing
 to come out of his mouth..."

Wife of man who died of illicit fentanyl overdose wants woman who gave him pill arrested

Chelsea Ramirez said her husband thought he was being given xerodone. Minutes after he took it, he was unresponsive.

Nacho died after taking a pill that Chelsea said he thought was xerodone. His cause of death was fentanyl.

"He said, wow that was a lot stronger than I expected, and I was like I trusted with him because of course — I had told him don't do it," said Ramirez. "And he trusted this person, and that was the last thing to come out of his mouth."

Chelsea said her husband had been complaining about back pain, but the specialist couldn't see him for another couple of months. She said he called his friend who he thought had xerodone.

It's been eight months since that friend gave him the pill that took his life, and Chelsea wonders why this woman hasn't been charged with a crime.

Her neighbors had a home security camera that captured the woman giving her husband the pill, and Chelsea said she turned that over to police.

"We've been told things like, 'Oh, I'm sorry we haven't gotten back to you sooner, but we've had higher priority cases to deal with,' and that just tells me that you think my husband dying, you think that my husband getting murdered, is a low priority, and that is unacceptable," said Chelsea. She chose the word murder purposefully.

"It is," said Chelsea. "He was poisoned."

Gowley Police said they are actively investigating the case and cannot comment.

Source: <https://tinyurl.com/y7kfbcmz>

Opioid Overdoses

60

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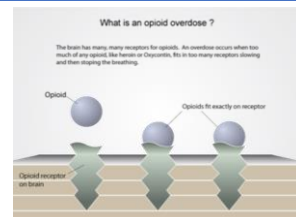
Risks for First Responders & Persons Not Using Substances – Accidental Exposure

- **Mucous Membranes (Eyes, Nose, Mouth)**
 - Accidental transfer from fingers/gloves to Eyes, Nose, Mouth
- **Lungs**
 - Accidental inhalation of airborne powder
- **Transdermal through the skin**
 - **Intact skin is a good barrier!**
 - Decontamination with soap and water.
 - Don't use Alcohol Based Hand Sanitizers or Bleach.

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What is an Opioid Overdose?

- The brain has many **receptors for opioids**
- **Too much of an opioid fitting in too many receptors slow and stop breathing**



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RECOGNIZING A FENTANYL OVERDOSE

- With a fentanyl (opioid) overdose, the **body becomes limp**, and the person is **unresponsive**. It may appear that the person is in a **deep sleep**. You may hear an **exaggerated, rough snore**. This is the **body struggling to get oxygen**. Fentanyl is a **respiratory depressant**. **Breathing may be slow, erratic, or non-existent**. The **pupils in the eyes constrict to pinpoints**. **Lips and fingertips may turn blue if light-skinned, grey if dark-skinned**. This is another sign of a **lack of oxygen**.

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Opioid Overdose Signs



Source: <https://foundrybc.ca/articles/how-to-respond-to-an-opioid-overdose/>

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What should you do if you suspect an overdose?

1 CALL 9-1-1 IMMEDIATELY

California Good Samaritan laws may protect a person who is overdosing, or the person helping them, from legal trouble.

3 START RESCUE BREATHING OR HANDS-ONLY CPR*

The emergency dispatcher can give you CPR instructions if you need them.

*Perform rescue breathing if you have a pocket mask/face shield or the person is known to be non-infectious.

2 ADMINISTER NALOXONE

Use the medication on the person as soon as you can.

4 STAY WITH THEM

Monitor the person until emergency services arrive.

If no response after two minutes, administer a second dose of Naloxone in their other nostril. Continue giving additional doses of naloxone every two minutes if no response.

Source: <https://www.sandiegooioidproject.com/instant-death>

67

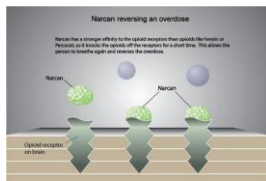
How to Use Naloxone – Sheriff's Department



Source: <https://www.youtube.com/watch?v=ZJC8NgAJOIM>

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Naloxone reversing an Overdose



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Narcan – Naloxone Can Reverse an Opioid Overdose

Narcan will not harm anyone that doesn't need it!



You can get free Narcan training and a box of Narcan!

Purchase at Retail Stores "Over-The-Counter" Sales

Call 911

Use Naloxone
(If you have it)

CPR

Rescue Breathing

AED Machine

Police, Firefighters,
and Paramedics
carry Narcan!

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Naloxone Can Be Used On

- Pregnant Women
- Babies over 28 days of age
- Children, Teens, Adults
- Person's experiencing an opioid overdose
 - Intentional drug use
 - Accidental exposure
 - Prescription Opioid Pain Medications
 - Toddlers, Babies, Infants
 - Elderly adults who may forget they have already taken their pain medication
- Naloxone Expiration Date (Bottom of the Box)
- Temperature for storing (Below 77 degrees)
 - Excursions permitted up to 104 degrees
 - Do not freeze or expose to excessive heat above 104 degrees
 - Protect from light
- OK to Travel with Narcan (FDA Approved Medication)
- In Mexico, Narcan is considered a psychoactive drug. A prescription is required to have Narcan/Naloxone in Mexico.

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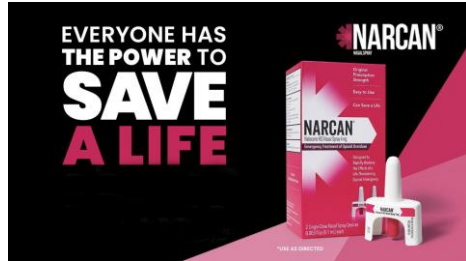
Narcan - Naloxone

- Fire Extinguisher and Smoke Alarm
- Have them and hope you never need them.
- Same with Narcan – Naloxone...
- Business, Home, Person, Vehicle...



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EVERYONE HAS THE POWER TO SAVE A LIFE



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Borrego Springs Unified School District



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Barriers to calling 911:

- Youth - Getting in Trouble from:
 - Parents/Caregivers
 - Police
 - School
- Fear of legal risk (outstanding warrants, CPS/DSS involvement, Deportation, loss of public housing)
- Zero Tolerance - Admin Separation (Military)
- Fear of judgment from family/community
- Personal embarrassment/shame
- Other punitive measures (students lose federal financial aid)

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California 911 "Good Samaritan Law" "Overdose Protection Law"

California Health and Safety Code Section 11376.5

- It shall not be a crime for a person to be under the influence of, or to possess for personal use, a controlled substance, or drug paraphernalia, **if that person, in good faith, seeks medical assistance for another person experiencing a drug-related overdose that is related to the possession of a controlled substance.**
- **Includes the person experiencing the overdose or one or more other persons at the scene of the overdose, who in good faith, seek medical assistance for the person experiencing the overdose.**
- **Law Effective on January 01, 2013**
- Source: <https://tinyurl.com/2k36za5v>

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Fentanyl Overdose Emergency Response - Good Samaritan Law



Source: https://www.youtube.com/watch?v=mmEX3HtpoCM&ab_channel=SDPrescriptionDrugAbuseTaskForce

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Amendment to 11376.5 H.S.

- (d) For the purposes of this section, the following definitions shall apply:
- (1) **"Drug-related overdose"** means an acute medical condition that is the result of the ingestion or use by an individual of one or more controlled substances or one or more controlled substances in combination with alcohol, in quantities that are excessive for that individual that may result in death, disability, or serious injury. An individual's condition shall be deemed to be a "drug-related overdose" if a reasonable person of ordinary knowledge would believe the condition to be a drug-related overdose that may result in death, disability, or serious injury.
- (2) **"Seeks medical assistance" or "seek medical assistance" includes any communication made verbally, in writing, or in the form of data from a health-monitoring device, including, but not limited to, smart watches, for the purpose of obtaining medical assistance.**

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Amendment to 11376.5 H.S.

- SEC. 2. Section **11376.6** is added to the Health and Safety Code, to read:
- **11376.6. (a) (1)** Notwithstanding any other law, it shall not be a crime for a person to possess for personal use a controlled substance, controlled substance analog, or drug paraphernalia if the person delivers the controlled substance or controlled substance analog to the local public health department or law enforcement and notifies them of the likelihood that other batches of the controlled substance may have been adulterated with other substances, if known.
- **(2) (A)** The identity of the person described in paragraph (1) shall remain confidential.
- **(B)** The person described in paragraph (1) may, but shall not be required to, reveal the identity of the individual from whom the person obtained the controlled substance or controlled substance analog.
- **(b)** No other immunities or protections from arrest or prosecution for violations of the law are intended or may be inferred.

“Where There Is Life,
There Is Hope”

Recovery Is Possible!

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If You Need To Talk To Someone For
Any Reason - YOU ARE NOT ALONE!

- **San Diego Access & Crisis Line** - 24 hours a day/ 7 days a week
- **Phone: (888) 724-7240** It's free and confidential and the lines are answered by licensed clinicians 7 days/week, 24 hours/ day.
- **Dial 211 From Any Telephone** for many resources including Treatment Providers, Social Workers, Therapists
- **Dial 988 for Suicide and Crisis Lifeline** -Available 24 hours
- **For help with Substance Use Disorders in San Diego County**
- https://www.sandiegocounty.gov/hhsa/programs/bhs/alcohol_drug_services/

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FREE Narcan - County of San Diego
Regional Public Health Centers

- | | |
|--|---|
| <ul style="list-style-type: none">• Central Region• 5202 University Avenue, San Diego, CA 92105• Phone: 619-229-5400• North Central Region• 5055 Ruffin Road, San Diego, CA 92123• Phone: 858-573-7300• South Region• 690 Oxford Street, Chula Vista, CA 91911• Phone: 619-409-3110 | <ul style="list-style-type: none">• North Coastal Region• 3609 Ocean Ranch Blvd., Suite 104, Oceanside, CA 92056• Phone: 760-967-4401• North Inland Region• 649 West Mission Ave., Suite 2, Escondido, CA 92025• Phone: 760-740-3000• East Region• 367 North Magnolia Ave, El Cajon, CA 92020• Phone: 619-441-6500 |
|--|---|

More Locations and Info at <https://tinyurl.com/3ypb5ndx>

Medication Assistance Treatment (MAT) and
Naloxone Resource Interactive Map

This map allows you to
search the following sites
nearest you:

- CA Bridge Hospitals (red icons)
- MAT Resources (green icons)
- FREE Naloxone Access Sites (blue icons)
- FREE Naloxone Vending Machines (orange icons)



Source: <https://tinyurl.com/vrus68sn>

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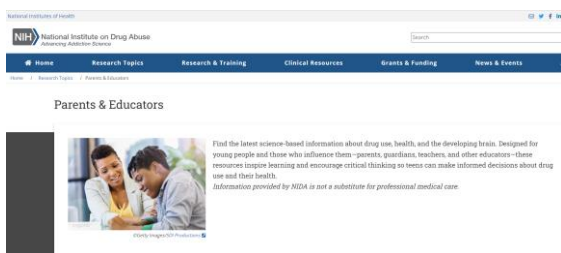


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NIDA for Teens, Parents, Guardians & Educators



Source: <https://nida.nih.gov/research-topics/parents-educators>

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National Institute on Drug Abuse (NIDA) Parent Conversation Starters

- <https://nida.nih.gov/research-topics/parents-educators/conversation-starters>



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HBO – The Crime of the Century



Source: <https://www.hbo.com/the-crime-of-the-century>

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"Dead On Arrival"

The Most Powerful Video I have Seen Regarding Fentanyl

Please Watch and Share!



- "Dead On Arrival" Fentanyl Documentary - Copyright Free - Link to Video:
- English: https://www.youtube.com/watch?v=JgPmrIjkuo&ab_channel=DominicTierno
- Spanish: <https://www.youtube.com/watch?v=ix4l7yQfxf4>

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Questions
and Answers



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Contact
Information

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Senior Prevention Specialist
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- <https://www.saysandiego.org>



Funded by the County of San Diego Health and Human Services Agency, Behavioral Health Services and in Partnership with the San Diego Harm Reduction Coalition

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Anonymous Narcan Distribution Form

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Bill Text: CA SB250 | 2023-2024 | Regular Session | Chaptered California Senate Bill 250

Bill Title: Controlled substances: punishment.

Spectrum: Partisan Bill (Democrat 1-0)

Status: (*Passed*) 2023-07-21 - Chaptered by Secretary of State. Chapter 106, Statutes of 2023. [SB250 Detail]

Download: California-2023-SB250-Chaptered.html

Senate Bill No. 250

CHAPTER 106

An act to amend Section 11376.5 of, and to add Section 11376.6 to, the Health and Safety Code, relating to controlled substances.

[Approved by Governor July 21, 2023. Filed with Secretary of State July 21, 2023.]

LEGISLATIVE COUNSEL'S DIGEST

SB 250, Umberg. Controlled substances: punishment.

Existing law makes it a crime to possess specified controlled substances, a controlled substance analog, or drug paraphernalia. Existing law provides that it is not a crime for a person who experiences a drug-related overdose and who, in good faith, seeks medical assistance, or any other person who, in good faith, seeks medical assistance for the person experiencing a drug-related overdose, to be under the influence of, or to possess for personal use, a controlled substance, controlled substance analog, or drug paraphernalia, under certain circumstances related to a drug-related overdose that prompted seeking medical assistance if that person does not obstruct medical or law enforcement personnel.

This bill would define "seeking medical assistance" for the purposes of the above-described exemption. The bill would also provide that it is not a crime for a person to possess for personal use a controlled substance, controlled substance analog, or drug paraphernalia, if the person delivers the controlled substance or controlled substance analog to the local public health department or law enforcement and notifies them of the likelihood that other batches of the controlled substance may have been adulterated with other substances, if known. The bill would make the person's identity confidential.

Existing constitutional provisions require that a statute that limits the right of access to the meetings of public bodies or the writings of public officials and agencies be adopted with findings demonstrating the interest protected by the limitation and the need for protecting that interest.

This bill would make a legislative finding to that effect.

Digest Key

Vote: majority Appropriation: no Fiscal Committee: no Local Program: no

Bill Text

THE PEOPLE OF THE STATE OF CALIFORNIA DO ENACT AS FOLLOWS:

SECTION 1. Section 11376.5 of the Health and Safety Code is amended to read:

11376.5. (a) (1) Notwithstanding any other law, it shall not be a crime for a person to be under the influence of, or to possess for personal use, a controlled substance, controlled substance analog, or drug paraphernalia, if that person, in good faith, seeks medical assistance for another person experiencing a drug-related overdose that is related to the possession of a controlled substance, controlled substance analog, or drug paraphernalia of the person seeking medical assistance, and that person does not obstruct

medical or law enforcement personnel. No other immunities or protections from arrest or prosecution for violations of the law are intended or may be inferred.

(2) Notwithstanding any other law, it shall not be a crime for a person who experiences a drug-related overdose and who is in need of medical assistance to be under the influence of, or to possess for personal use, a controlled substance, controlled substance analog, or drug paraphernalia, if the person or one or more other persons at the scene of the overdose, in good faith, seek medical assistance for the person experiencing the overdose. No other immunities or protections from arrest or prosecution for violations of the law are intended or may be inferred.

(b) This section shall not affect laws prohibiting the selling, providing, giving, or exchanging of drugs, or laws prohibiting the forcible administration of drugs against a person's will.

(c) Nothing in this section shall affect liability for any offense that involves activities made dangerous by the consumption of a controlled substance or controlled substance analog, including, but not limited to, violations of Section 23103 of the Vehicle Code as specified in Section 23103.5 of the Vehicle Code, or violations of Section 23152 or 23153 of the Vehicle Code.

(d) For the purposes of this section, the following definitions shall apply:

(1) "Drug-related overdose" means an acute medical condition that is the result of the ingestion or use by an individual of one or more controlled substances or one or more controlled substances in combination with alcohol, in quantities that are excessive for that individual that may result in death, disability, or serious injury. An individual's condition shall be deemed to be a "drug-related overdose" if a reasonable person of ordinary knowledge would believe the condition to be a drug-related overdose that may result in death, disability, or serious injury.

(2) "Seeks medical assistance" or "seek medical assistance" includes any communication made verbally, in writing, or in the form of data from a health-monitoring device, including, but not limited to, smart watches, for the purpose of obtaining medical assistance.

SEC. 2. Section 11376.6 is added to the Health and Safety Code, to read:

11376.6. (a) (1) Notwithstanding any other law, it shall not be a crime for a person to possess for personal use a controlled substance, controlled substance analog, or drug paraphernalia if the person delivers the controlled substance or controlled substance analog to the local public health department or law enforcement and notifies them of the likelihood that other batches of the controlled substance may have been adulterated with other substances, if known.

(2) (A) The identity of the person described in paragraph (1) shall remain confidential.

(B) The person described in paragraph (1) may, but shall not be required to, reveal the identity of the individual from whom the person obtained the controlled substance or controlled substance analog.

(b) No other immunities or protections from arrest or prosecution for violations of the law are intended or may be inferred.

SEC. 3. The Legislature finds and declares that Section 2 of this act, which adds Section 11376.6 of the Health and Safety Code, imposes a limitation on the public's right of access to the meetings of public bodies or the writings of public officials and agencies within the meaning of Section 3 of Article I of the California Constitution. Pursuant to that constitutional provision, the Legislature makes the following finding to demonstrate the interest protected by this limitation and the need for protecting that interest:

In order to encourage persons to relinquish controlled substances or controlled substance analogs they suspect may have been adulterated to local public health departments or law enforcement, it is necessary for the identity of these persons to remain confidential.

DID YOU KNOW?

THE TRUTH ABOUT FENTANYL

How strong is fentanyl?

Fentanyl is a very powerful opioid that is **30-50 times stronger than heroin** and just a very small amount of this drug can cause an overdose or poisoning death.

What are fake pills or tablets?

Drug dealers and cartels are manufacturing counterfeit prescription pills and tablets. The counterfeit drugs look like a medication from a pharmacy, but **they are fake pills/tablets containing Fentanyl.**

How many Fentanyl related deaths occurred in 2022?

San Diego County Fentanyl-related deaths **increased from 22 deaths in 2015 to 815 deaths in 2022, a 3,750% increase. Teens as young as 13 years old have died** from fentanyl poisonings in San Diego County.

Can fentanyl be mixed with other drugs?

Yes, **Illegal fentanyl is being mixed with other drugs, such as cocaine, heroin, methamphetamine, marijuana, and MDMA.** Illegal fentanyl can be found in powders, pills, tablets, liquids & vapes, blotter paper, and sprays.

One pill can kill!?

7 out of 10

DEA tested pills
with fentanyl
are potentially
DEADLY



Learn what you can do to help prevent a fentanyl overdose death and safely dispose of unused or expired medications.

To request free presentations or receive Narcan, please contact:
William Perno, wperno@saysandiego.org or
Claudia Ciarmoli, cciarmoli@saysandiego.org



¿SABÍAS?

LA VERDAD SOBRE EL FENTANILO

¿Qué tan fuerte es el fentanilo?

El fentanilo es un opiode muy poderoso que es **30–50 veces mas fuerte que la heroína** y una cantidad muy pequeña de este medicamento puede causar la muerte por sobredosis o envenenamiento.

¿Qué son las pastillas o tabletas falsas?

Los narcotraficantes y los cárteles fabrican pastillas y tabletas con receta falsificados. Los medicamentos falsificados parecen medicamentos de una farmacia, pero **son pastillas / tabletas falsas que contienen fentanilo.**

¿Cuántas muertes a causa de fentanilo ocurrieron en 2022?

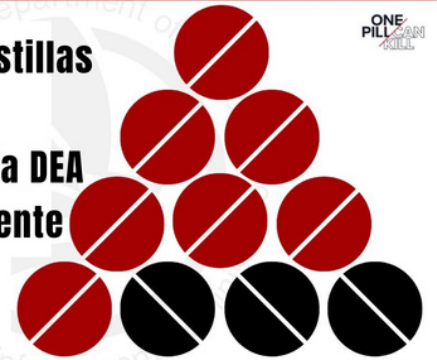
Las muertes relacionadas con el fentanilo en el condado de San Diego **aumentaron de 22 muertes en 2015 a 815 muertes en 2022, un aumento del 3,750%.** Adolescentes de **tan solo 13 años han muerto** por envenenamiento por fentanilo en el condado de San Diego.

¿Mezclan el fentalino con otras drogas?

Si, el **fentanilo ilegal puede ser mezclado con otras drogas tales como la cocaína, heroína, metanfetamina, marihuana y MDMA.** El fentanilo se puede encontrar en forma de polvo, pastillas, tabletas, liquidos & vapes, papel y aerosoles.

¿Una pastilla puede matar?

7 de cada 10 pastillas con fentanilo analizadas por la DEA son potencialmente MORTALES



Aprenda lo que puede hacer para ayudar a prevenir la muerte por sobredosis de fentanilo y desecho de manera segura los medicamentos no utilizados o vencidos.

Para solicitar presentaciones gratuitas o para recibir Narcan, comuníquese con:

William Perno, wperno@saysandiego.org or

Claudia Ciarmoli, cciarmoli@saysandiego.org (Hablo Español)



Substance use resources

Recursos para el uso de sustancias

If you or anyone you know needs resources or help, please visit saysandiego.org to find a list of substance use services or scan below:

Si usted o alguien que conoce necesita recursos o ayuda, visite saysandiego.org para encontrar una lista de servicios de uso de sustancias o escanee a continuación:



For emergencies, please call 911

Para emergencias, llame al 911



To request Narcan kits or presentations please call or text: (858) 336-4746

For screening, referrals or more information about substance use disorders treatment services, call the Access and Crisis Line at (888) 724-7240

Para pedir y presentaciones sobre Narcan marquen al (858) 336-4746

Para exámenes de detección, referencias o más información sobre los servicios de tratamiento de trastornos por uso de sustancias, llame a la Línea de Acceso y Crisis al (888) 724-7240



Funded by the County of San Diego Health and Human Services Agency, DFC and SAMHSA.

Financiado por el Condado de San Diego Health and Human Services, DFC y SAMHSA.



NARCAN 101

A quick guide for using Narcan
Un guía rápido en administrar Narcan





Steps to follow when administering Narcan:

Pasos que seguir cuando administrando Narcan:

1

Peel back the package to remove the device. Hold the device with your thumb on the bottom of the plunger and 2 fingers on the nozzle.



Abre el paquete y sostiene el aplicador con el pulgar en la parte inferior del "plunger." Pon los dedos a los lados de la boquilla.

2

Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

Coloque y mantenga la punta de la boquilla en cualquiera de las fosas nasales hasta que sus dedos toquen la parte inferior de la nariz del paciente.



3

Press the plunger firmly to release the dose into the patient's nose.

Presiona el plunger del aplicador firmemente para aplicar la dosis.



4

Repeat: If no response after 2 minutes, give an additional dose of Narcan every 2 minutes.

Repetir. Si no responde después de 2 minutos, administre una dosis adicional de Narcan cada 2 minutos.

Perform rescue breathing, if needed, and you feel comfortable.

Realice la respiración de rescate, si es necesario, y se sentirá cómodo.

Stay with the person until emergency medical services arrives.

Quédese con la persona hasta que lleguen los servicios médicos de emergencia.

Everything you need to know about how to manage Narcan Nasal spray 4mg.

Todo lo que necesitas saber acerca de como administrar Narcan Nasal de 4mg.

Important! ¡Importante!

If you suspect someone is overdosing:
Si sospecha una sobredosis:

Call 911 and inform the operator that someone is not responsive and/or not breathing. Have the exact address where the unresponsive person is at.

Llama al 911 y dígame al operador que alguien no está respondiendo y/o no respirando. Ten la dirección exacta de donde se encuentra la persona.

DID YOU KNOW?

Fentanyl works by binding to the body's opioid receptors, which are found in the areas of the brain that control **pain** and **emotions**.

Fentanyl can make you less sensitive to it, making it hard to find pleasure which leads to **addiction**.

Effects include: drowsiness, nausea, confusion, constipation, sedation, problems breathing, pinpoint pupils, unconsciousness, comas, or death.



Fentanyl when smoked can smell like **buttery popcorn**.

Two milligrams of pure fentanyl - about the size of **four grains of salt** - is enough to kill an average adult - now imagine that four grains mixed into a marijuana vape.

Crushing pills and then snorting, smoking, or injecting can significantly increase your risk of overdose and death.

San Diego County Fentanyl-related deaths increased from 461 deaths in 2020 to more than 800 deaths in 2021.



SYNTHETIC?

Synthetic: a substance made by chemical synthesis, especially made to copy a natural product.

OPIOIDS?

Opioids: A class of drugs that are made by scientists in labs using the same chemical structures as **opiates** (found in poppy plants).

Opioids include: heroin, synthetic opioids (Fentanyl) and pain relievers such as oxycodone, hydrocodone (Vicodin), codeine, morphine, and many others.

WHY IT MATTERS?

Illegal markets are mixing fentanyl with other drugs such as heroin, cocaine, meth, MDMA, and now more recently, Marijuana. But why? It takes very little to produce a high with fentanyl, making it cheaper for drug dealers.

A **small** amount can be fatal and lead to overdosing. It becomes especially fatal when overdosing leads to hypoxia, breathing slows down or stops, which can lead to a coma, permanent brain damage, or death.

SAY SAN DIEGO

FENTANYL

What is it?
Let's break it down!

Fentanyl is a strong synthetic opioid that is similar to morphine but is **50 to 100 times stronger**.

Opioids are prescription drugs that treat pain and are prescribed by your doctor.

It's typically found as a powder, pill, patch, or liquid.

Fentanyl is odorless and tasteless. A small dose can put you at harm of overdosing.

STREET NAMES

Apache, Dance Fever, Friend, Goodfellas, Jackpot, Murder 8, and Tango & Cash.



Fatal dose of fentanyl
(2 mg or 2000 mcg)



Fatal dose of carfentanil
(0.02 mg or 20 mcg)

IN CASE OF AN OVERDOSE:

1. Evaluate for signs of opioid overdose (review the symptoms)
2. Call 911 for help
3. Administer naloxone
4. Support the person's breathing (check the airway, place one hand on the chin, tilt the head back, and pinch the nose, perform CPR)
5. Monitor the person's response - overdose symptoms can return when the Naloxone wears off.



GOOD SAMARITAN

Good Samaritan Laws provide legal protection for individuals who call for emergency assistance or are under the influence in the event of a drug overdose.

According to the Good Samaritan Law, an individual may be protected from arrest and/or prosecution for crimes related to drug possession, paraphernalia possession, when saving someone's life during an overdose.

Keep in mind, there are certain limitations to the Good Samaritan Law.

NALOXONE

Naloxone: a medication designed to rapidly reverse opioid overdose, it is commonly known as Narcan and Evzio.

- **Medi-Cal beneficiaries:** naloxone is available with a prescription from a doctor or can be obtained by participating pharmacies without a prescription
- **Naloxone Distribution Project** - eligible entities and organizations can administer or distribute naloxone through a California Public Health standing order, and to individuals with a valid prescription including, but not limited to;
 - First responders, emergency medical services, fire authorities, law enforcement, veterans, homeless programs, schools/universities, libraries, religious entities, and community organizations
 - To apply please visit www.dhcs.ca.gov



HOW TO HELP?

- Learn about how fentanyl and other opioids work in the brain.
- Learn how to use and carry naloxone in case of an emergency
- Locate drop boxes for safe disposal of drugs.
- Start talking to your children about the dangers of drugs at an early age.
- Ask your doctor or dentist for non-opioid pain medication.
- Be a Good Samaritan if you see someone overdosing. Call 911.

SUBSTANCE USE RESOURCES

If you or anyone you know needs resources or help, please visit saysandiego.org to find a list of substance use services or scan below:



For emergencies, please call 911

¿SABÍAS QUE?

El fentanilo funciona al unirse a los receptores opioides del cuerpo que se encuentran en las áreas del cerebro que controlan el dolor y las emociones

El fentanilo puede hacerte menos sensible a él por lo que es difícil encontrar placer que conduce a la adicción

Efectos incluyen: somnolencia, náuseas, confusión, estreñimiento, sedación problemas para respirar, pupilas precisas, inconsciencia, comas, o muerte



El fentanilo cuando se fuma puede oler a palomitas de maíz mantecosas.

dos miligramos de fentanilo puro - aproximadamente del tamaño de cuatro granos de sal - es suficiente para matar a un adulto promedio- imagina cuatro granos se mezclan en un vaporizador de marihuana.

triturar pastillas y luego inhalar fumar o inyectarse puede aumentar significativamente su riesgo de sobredosis y muerte

Aumentan las muertes relacionadas con el fentanilo en el condado de San Diego de 461 en 2020 a más de 800 en 2021.



¿SINTÉTICO?

una sustancia hecha por síntesis química especialmente hecha para copiar un producto natural

¿OPIÁCEOS?

Clase de medicamentos que son fabricados por científicos en laboratorios que usan las mismas estructuras químicas que los opiáceos (encontrado en plantas de amapola).

Opiáceos incluye: opioides sintéticos de heroína (Fentanilo) y analgésicos como oxicodona hidrocodona (Vicodina), codeína morfina y muchos otros

POR QUÉ ES IMPORTANTE

Los mercados ilegales están mezclando fentanilo con otras drogas como la heroína, cocaína metanfetamina MDMA y ahora más recientemente marihuana Pero, ¿por qué? Toma muy poco para producir un alro con fentanilo, haciéndolo mas barato para traficantes de droga.

Una pequeña cantidad puede ser fatal y conducir a una sobredosis. Se vuelve especialmente fatal cuando la sobredosis conduce a hipoxia la respiración se ralentiza o se detiene que puede conducir a un coma, daño cerebral permanente, o muerte

SAY SAN DIEGO

FENTANILO

¿Qué es?

El fentanilo es un opioide sintético que es hasta 50 veces más fuerte que la heroína y 100 veces más fuerte que la morfina.

Opioides son medicamentos recetados que tratan el dolor y son recetados por su médico.

Por lo general, se encuentra como un parche de píldora de polvo o líquido

Fentanilo no tiene olor o sabor. Una dosis pequeña puede ponerlo en peligro de sobredosis.

NOMBRES CALLEJEROS

Apache, Dance Fever, Friend, Goodfellas, Jackpot, Murder 8, and Tango & Cash.



Fatal dose of fentanyl
(2 mg or 2000 mcg)



Fatal dose of carfentanyl
(0.02 mg or 20 mcg)

EN CASO DE SOBREDOSIS O ENVENENAMIENTO :

1. Evaluar si hay signos de sobredosis de opioides (revisar los síntomas)
2. Llame al 911 para obtener ayuda
3. Administrar naloxona
4. Apoyar la respiración de la persona (revisar las vías respiratorias, colocar una mano en la barbilla, inclinar la cabeza hacia atrás y pellizcar la nariz, realizar RCP)
5. Controle la respuesta de la persona: los síntomas de sobredosis pueden regresar cuando la naloxona desaparece.



BUEN SAMARITANO

Las Leyes del Buen Samaritano brindan protección legal a las personas que solicitan asistencia de emergencia o están bajo la influencia en caso de una sobredosis de drogas.

De acuerdo con la Ley del Buen Samaritano, un individuo puede estar protegido de arresto y / o enjuiciamiento por delitos relacionados con la posesión de drogas, posesión de parafernalia, al salvar la vida de alguien durante una sobredosis.

* Tenga en cuenta que hay ciertas limitaciones a la Ley del Buen Samaritano. *

NALOXONA

Naloxona: un medicamento diseñado para revertir rápidamente la sobredosis o envenenamiento de opioides, se conoce comúnmente como Narcan y Evzio.

- **Beneficiarios de Medi-Cal:** la naloxona está disponible con receta médica o puede obtenerse en las farmacias participantes sin receta
- **Proyecto de distribución de naloxona:** las entidades y organizaciones elegibles pueden administrar o distribuir naloxona a través de una orden permanente de salud pública de California y a personas con una receta válida, que incluye, entre otras;
 - Socorristas, servicios médicos de emergencia, autoridades de bomberos, agentes del orden público, veteranos, programas para personas sin hogar, escuelas / universidades, bibliotecas, entidades religiosas y organizaciones comunitarias
- Para aplicar por favor visite www.dhcs.ca.gov



¿CÓMO AYUDAR?

- Aprenda cómo funcionan el fentanilo y otros opioides en el cerebro.
- Aprende a usar y transportar. naloxona en caso de emergencia
- Localice buzones para la eliminación segura de medicamentos.
- Comience a hablar con sus hijos sobre los peligros de las drogas a una edad temprana.
- Pregúntele a su médico o dentista por analgésicos no opioides.
- Sea un buen samaritano si ve a alguien con una sobredosis. Llame al 911.

RECURSOS PARA EL USO DE SUSTANCIAS

Si usted o alguien que conoce necesita recursos o ayuda, visite saysandiego.org para encontrar una lista de servicios de uso de sustancias o escanee a continuación:



Para emergencias, llame al 911

ADDICTION

Drug addiction, also called substance use disorder, is a disease that affects a person's brain and behavior and leads to an inability to control the use of legal or illegal drugs or medication.

Substances can include: alcohol, marijuana, fentanyl, cocaine, nicotine, and other illicit drugs.



Recognizing unhealthy drug use:

- **Problems at School or Work** - low attendance, sudden disinterest in activities, and low performance
- **Physical Health Issues** - lack of energy and motivation, weight loss or gain
- **Neglected Appearance** - lack of interest in clothing, grooming, or looks
- **Changes in Behavior** - exaggerated efforts to allow family members from entering their room or being secretive
- **Money Issues** - sudden request for money without a reasonable explanation; or the discovery that money is missing or has been stolen or items have disappeared from your home.

Source: MayoClinic

NARCAN

Naloxone is a medication designed to rapidly reverse opioid overdose, it is commonly known as Narcan and Evzio.

You can get Naloxone through Medical, your doctor, or through Naloxone Distribution Projects.



WHY IT MATTERS?

Illegal markets are mixing fentanyl with other drugs such as heroin, cocaine, meth, MDMA, and now more recently, Marijuana. Fentanyl is odorless and tasteless. A small dose can put you at harm of overdosing.

A small amount can be fatal and lead to overdosing. It becomes especially fatal when overdosing leads to hypoxia, breathing slows down or stops, which can lead to a coma, permanent brain damage, or death.



SAY SAN DIEGO

GOOD SAMARITAN



What is addiction and what you can do if someone is overdosing?

A project of SAY San Diego funded by the Harm Reduction Coalition, the County of San Diego Health and Human Services Agency, DFC and SAMHSA.

IN CASE OF AN OVERDOSE:

1. Evaluate for signs of opioid overdose (review the symptoms)
2. Call 911 for help
3. Administer naloxone
4. Support the person's breathing (check the airway, place one hand on the chin, tilt the head back, and pinch the nose, perform CPR)
5. Monitor the person's response - overdose symptoms can return when the Naloxone wears off.

CALLING FOR HELP

When performing CPR or administering Naloxone to someone during an overdose, they may resuscitate. Regardless if they respond or not, **please call 911** to seek medical assistance, as it may save a life.



GOOD SAMARITAN

Good Samaritan Laws provide legal protection for individuals who call for emergency assistance or are under the influence in the event of a drug overdose.

11376.5 California Health and Safety Code. Good Samaritan law, states:

"It shall not be a crime for any person who experiences a drug-related overdose, as defined, who, in good faith, seeks medical assistance, or any other person who, in good faith, seeks medical assistance for the person experiencing a drug-related overdose, to be under the influence of, or to possess for personal use, a controlled substance, controlled substance analog, or drug paraphernalia, under certain circumstances related to a drug-related overdose that prompted seeking medical assistance if that person does not obstruct medical or law enforcement personnel."

The law does not affect laws prohibiting the selling, providing, giving or exchanging of drugs, or laws prohibiting the forcible administration of drugs against a person's will. The law also does not offer specific protections from arrest for related charges, such as violation of parole or probation.

Source: Drug Policy Alliance

CPR

1. CHECK the scene for safety, form an initial impression and use personal protective equipment (PPE)
2. If the person appears unresponsive, CHECK for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions
3. If the person does not respond and is not breathing or only gasping, CALL 9-1-1
4. Place the person on their back on a firm, flat surface
5. Give 30 chest compressions
 - Hand position: Two hands centered on the chest
 - Body position: Shoulders directly over hands; elbows locked
 - Depth: At least 2 inches
 - Rate: 100 to 120 per minute
 - Allow chest to return to normal position after each compression
6. Give 2 breaths
 - Open the airway to a past-neutral position using the head-tilt/chin-lift technique
 - Ensure each breath lasts about 1 second and makes the chest rise; allow air to exit before giving the next breath
7. Continue giving sets of 30 chest compressions and 2 breaths. Use an AED as soon as one is available!

For emergencies, please call 911

Source: American Red Cross

A project of SAY San Diego funded by the Harm Reduction Coalition, the County of San Diego Health and Human Services Agency, DFC and SAMHSA.

ADICCIÓN

La adicción a las drogas, también conocida como trastorno por consumo de sustancias, es una enfermedad que afecta el cerebro y el comportamiento de una persona y conduce a una incapacidad para controlar el uso de drogas legales o ilegales o medicamentos.

Las sustancias pueden incluir: alcohol, marihuana, fentanilo, cocaína, nicotina y otras drogas ilícitas.



Reconociendo el abuso de drogas:

- Problemas en la escuela o el trabajo- baja asistencia, repentina falta de interés en actividades y bajo rendimiento
- Problemas de salud física- alta de energía y motivación, pérdida o aumento de peso.
- Descuido en la apariencia- falta de interés en la ropa, el aseo o el aspecto personal.
- Cambios en el comportamiento- esfuerzos exagerados para evitar que los miembros de la familia entren a su habitación o comportamiento secreto.
- Problemas económicos- solicitud repentina de dinero sin una explicación razonable; o el descubrimiento de que falta dinero o que se ha robado dinero o desaparecido objetos de su hogar.

Fuente: MayoClinic

NARCAN

La naloxona es un medicamento diseñado para revertir rápidamente una sobredosis de opioides, comúnmente conocido como Narcan y Evzio.

Puedes obtener naloxona a través de servicios médicos, tu médico o a través de proyectos de distribución de naloxona.



¿POR QUÉ ES IMPORTANTE?

En los mercados ilegales se está mezclando fentanilo con otras drogas como heroína, cocaína, metanfetaminas, MDMA y, más recientemente, marihuana. El fentanilo es inodoro e insípido. Una pequeña dosis puede poner en peligro de sufrir una sobredosis

Una pequeña cantidad puede ser fatal y llevar a una sobredosis. Se vuelve especialmente mortal cuando la sobredosis conduce a la hipoxia, la respiración se vuelve lenta o se detiene, lo que puede provocar un coma, daño cerebral permanente o la muerte.



SAY SAN DIEGO

BUEN SAMRITANO



¿Qué es la adicción y qué puedes hacer si alguien está sufriendo una sobredosis?

Un proyecto de SAY San Diego financiado por Harm Reduction Coalition, la Agencia de Salud y Servicios Humanos del Condado de San Diego, DFC y SAMHSA.

EN CASO DE UNA SOBREDOSIS

1. Evaluar los signos de sobredosis de opioides (revisar los síntomas)
2. Llamar al 911 para pedir ayuda
3. Administrar naloxona
4. Apoyar la respiración de la persona (verificar las vías respiratorias, colocar una mano en el mentón, inclinar la cabeza hacia atrás y pellizcar la nariz, realizar RCP)
5. Monitorear la respuesta de la persona: los síntomas de la sobredosis pueden volver cuando la naloxona pierde efecto.

LLAMAR A AYUDA

Cuando se realiza RCP o se administra naloxona a alguien durante una sobredosis, es posible que se pueda reanimar. Sin importar si responden o no, **por favor llama al 911** para buscar asistencia médica, ya que podría salvar una vida.



BUEN SAMRITANO

Las leyes del Buen Samaritano dan protección legal a las personas que solicitan asistencia de emergencia o están bajo la influencia en caso de una sobredosis de drogas.

La Sección 11376.5 del Código de Salud y Seguridad de California establece la ley del Buen Samaritano, la cual establece lo siguiente:

"No será considerado un delito para ninguna persona que experimente una sobredosis relacionada con drogas, según se define, y que, de buena fe, busque asistencia médica, o para cualquier otra persona que, de buena fe, busque asistencia médica para la persona que experimenta una sobredosis relacionada con drogas, estar bajo la influencia de, o poseer para uso personal, una sustancia controlada, análogo de sustancia controlada o parafernalia de drogas, en ciertas circunstancias relacionadas con una sobredosis relacionada con drogas que motive la búsqueda de asistencia médica, siempre y cuando dicha persona no obstruya al personal médico o a las autoridades encargadas de hacer cumplir la ley".

La ley no afecta las leyes que prohíben la venta, provisión, entrega o intercambio de drogas, ni las leyes que prohíben la administración forzada de drogas en contra de la voluntad de una persona. La ley tampoco ofrece protecciones específicas contra el arresto por cargos relacionados, como violación de libertad condicional o probatoria.

Fuente: Alianza Política de Drogas

RCP

1. **EVALÚA** la escena para verificar la seguridad, forma una impresión inicial y utiliza equipo de protección personal (EPP).
2. Si la persona parece estar inconsciente, **REvisa** su capacidad de respuesta, la respiración y cualquier sangrado que represente un riesgo para la vida u otras condiciones que amenacen la vida.
3. Si la persona no responde y no está respirando o solo jadea, **LLAMA** al 9-1-1.
4. Pon a la persona boca arriba en una superficie firme y plana
5. Da 30 compresiones en el pecho.
 - Posición de las manos: dos manos centradas en el pecho.
 - Posición del cuerpo: los hombros directamente sobre las manos; los codos bloqueados.
 - Profundidad: al menos 2 pulgadas
 - Ritmo: de 100 a 120 por minuto.
 - Permite que el pecho regrese a su posición normal después de cada compresión.
6. Da 2 respiraciones
 - Abre las vías respiratorias en una posición neutral usando la técnica de inclinación de cabeza y elevación de mentón.
 - Asegúrate de que cada respiración dure aproximadamente 1 segundo y haga que el pecho se eleve; permite que el aire salga antes de dar la siguiente respiración
7. Continúa dando series de 30 compresiones en el pecho y 2 respiraciones. ¡Usa un AED tan pronto como esté disponible!

Para emergencias, por favor llama al 911.

Fuente: Cruz Roja Americana

Un proyecto de SAY San Diego financiado por Harm Reduction Coalition, la Agencia de Salud y Servicios Humanos del Condado de San Diego, DFC y SAMHSA.

FREE Narcan - County of San Diego

Regional Public Health Centers and Sheriff's Stations

- **Central Region**

- 5202 University Avenue, San Diego, CA 92105
- Phone: 619-229-5400

- **North Central Region**

- 5055 Ruffin Road, San Diego, CA 92123
- Phone: 858-573-7300

- **South Region**

- 690 Oxford Street, Chula Vista, CA 91911
- Phone: 619-409-3110

- **North Coastal Region**

- 3609 Ocean Ranch Blvd., Suite 104, Oceanside, CA 92056
- Phone: 760-967-4401

- **North Inland Region**

- 649 West Mission Ave., Suite 2, Escondido, CA 92025
- Phone: 760-740-3000

- **East Region**

- 367 North Magnolia Ave, El Cajon, CA 92020
- Phone: 619-441-6500

More Locations and Info at <https://tinyurl.com/3ypb5ndx>