

Are **YOU** prepared to respond to an opioid overdose?

OVERDOSE PREVENTION TRAINING

The Utah County Health Department offers a **FREE** course that teaches participants how to prevent and respond to an opioid overdose.

Participants will learn:

- ❖ What an opioid is and how an overdose occurs
- ❖ How to respond to an overdose - The 5 R's
 1. **Recognize** - Signs of an overdose
 2. **React** - Call 9-1-1
 3. **Reverse** - Administer Naloxone
 4. **Respond** - Rescue Breathing/CPR
 5. **Refer** - Stay until help arrives
- ❖ Risk Factors for an overdose
- ❖ How to administer Naloxone
- ❖ Overdose prevention tips
- ❖ Where to find local resources including:
 - **Drug disposal**
 - **Naloxone kits**
 - **Substance use and mental health treatment**



To schedule or attend a class, please contact:

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