

RISK FACTORS

- Previous overdose
- Period of abstinence or illness (i.e., following rehab, jail, or hospitalization)
- Mixing opioids with other substances (benzos, sedatives, alcohol)
- Using alone
- Use by injection

PREVENTION TIPS

- If you do use, do not use alone, avoid mixing substances, start small, be cautious when sick or after a period of abstinence
- Keep naloxone available, do not let it freeze
- If you inject, use clean equipment every time including the cooker, cotton, and syringe.
- Treat every dose like it may have fentanyl in it. Use fentanyl test strips to test the product if available.

NALOXONE (NARCAN NASAL SPRAY)

Naloxone can be purchased without a prescription from these pharmacies:

- **Inspire Pharmacy has Narcan available at no cost**
- Altru Outpatient and Family Medicine Pharmacies
- CVS Pharmacy
- Embrace Pharmacy
- Thrifty White Pharmacy (Both GF locations)
- UND Student Health Pharmacy
- Wall's Medicine Center



IF YOU SUSPECT OPIOID OVERDOSE

- 1. Check for breathing and signs of opioid overdose**
 - Unresponsive to voice or touch
 - Shallow, slow, or no breathing
 - Small pupils "pinpoint pupils"
 - Blue or gray lips/nails
 - Gurgling or snoring
- 2. Lay the person on the back, give naloxone** (*Narcan Nasal Spray*)
PEEL back the package, remove the device
PLACE the tip of the nozzle in the nose until the finger touch the bottom of the nose
PRESS the plunger firmly to release the dose
- 3. Call 911**
- 4. Provide rescue breathing**
(1 breath every 6 seconds)
- 5. Repeat naloxone** (*Narcan Nasal Spray*) every 2-3 minutes if no response
- 6. Stay with the person until help arrives. If you must leave them, place the person on their side.**

MEDICATION ASSISTED TREATMENT

Valley Community Health Centers

701.757.2100 | valleychc.org

(Suboxone/Zubsolv, Vivitrol)

212 S 4th St Suite 301, Grand Forks, ND

MAT appointments M - F

Ideal Option

877.522.1275 | idealoption.net

(Suboxone/Zubsolv, Vivitrol)

3301 30th Ave Suite 102, Grand Forks, ND

Open M - Th, Same/Next day appointments available

Community Medical Services

701.404.1100 | communitymedicalservices.org

(Methadone)

901 28th St S Suite B, Fargo, ND

COUNSELING

Agassiz Associates

701.746.6336 | agassizassociates.com

2424 32nd Ave S Suite 202, Grand Forks, ND

Accepts SUD voucher and most insurance providers

Drake Counseling

701.757.3200

311 4th St S Suite 106, Grand Forks, ND

Accepts SUD voucher and most insurance providers

Northeast Human Service Center

701.795.3000 Crisis Line: **800.845.3731** (24 hrs)

151 S 4th St Suite 401, Grand Forks, ND

Walk-in assessments: M, Tu, Th 8:15 a.m. - 10:30 a.m.

Accepts ND residents regardless of ability

to pay, sliding fee scale available

RiverView Recovery Center

218.230.0787

210 Gateway Drive NE Suite 4, East Grand Forks, MN

Accepts most insurance providers

PEER SUPPORT

Face It TOGETHER

701.566.5631 | wefaceittogether.org/fargo-nd

311 N 4th St S Suite 111, Grand Forks, ND

No cost recovery coaching for clients and their families

NARCOTICS ANONYMOUS

Living in Recovery

University Lutheran Church

2122 University Ave., Grand Forks, ND

na.org

Mon 8 p, Wed 8 p

We Do Recover

Antenna Building

401 N 7th St, Grand Forks, ND

na.org

Tu 7p, Th 7p, F 7p, Sa 7p

FAITH-BASED RECOVERY GROUPS

Freedom Church-Celebrate Recovery

701.772.3117

308 DeMers Ave. Grand Forks, ND

Tu 6:30 p

HOPE Church-Celebrate Recovery

701.722.1884

1601 17th Ave S, Grand Forks, ND

Th 6:30 p