

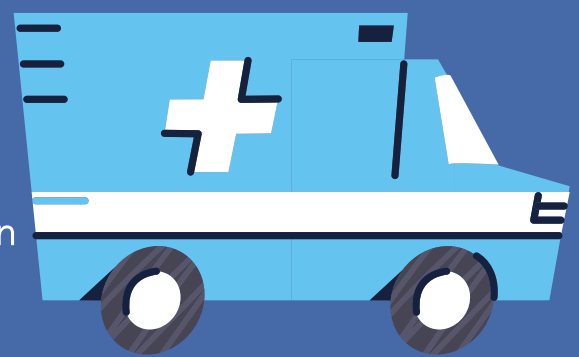


The Southern Tier Overdose Prevention Program (STOPP) is a community-based opioid overdose prevention and Narcan distribution program

### HOW DO I KNOW IF SOMEONE IS OVERDOSING?

Overdose symptoms include:

- Vomiting
- Breathing is slow and shallow (less than 10 breaths per minute) or has stopped
- Blue or greyish skin, lips, and fingernails
- Choking or loud snoring noises
- Will not respond to sternum rub



### WHAT ARE OPIATE DRUGS?

Opiates include both heroin and prescription pain medications

Common opioids include:

- |          |           |
|----------|-----------|
| Heroin   | Oxycontin |
| Vicodin  | Methadone |
| Percocet | Fentanyl  |

### OUR IMPACT IN THE COMMUNITY



**3344**

People Trained Since 2015



**4628**

Kits Given Since 2015



**226**

Trainings Provided Since 2015

#### Public Access Narcan

We assist with the distribution of wall boxes that make Narcan easily accessible to community members in the same way a first-aid kit or AED is available

#### We Provide Narcan & Training

Serving Chautauqua, Cattaraugus, and Allegany Counties



### OVERDOSE RISK FACTORS

#### Mixing Drugs:

Mixing heroin or prescription opioids with alcohol, benzodiazepines, or anti-depressants causes many overdoses

#### Lowered Tolerance

Tolerance can decrease rapidly when someone has taken a break from using a substance since getting treatment or being incarcerated

#### Health Problems

Opioids can impact your ability to breathe. If you have asthma or other breathing problems you are at a higher risk for an overdose

#### Previous Overdose

A person who has experienced a nonfatal overdose in the past, has increased risk of a fatal overdose in the future



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