

Overdose Prevention Guide

The supply is unpredictable.
Your safety doesn't have to be.

This guide shares simple steps to help reduce overdose risk and respond in an emergency.



WHY THIS MATTERS

The supply is changing rapidly. Substances often contain fentanyl or xylazine that cannot be seen, tasted, or smelled.

Risk is everywhere. Overdose can happen to anyone regardless of experience. Risk is highest when tolerance is lower, such as after incarceration or treatment.

Naloxone saves lives. Having it on hand can prevent fatal overdoses.

KEY FACTS

KNOW BEFORE YOU USE

Fentanyl is widespread. It is found in opioids, stimulants, and counterfeit pills. Even a tiny amount is high-risk.

Mixing is dangerous. Combining drugs and alcohol (especially opioids and benzodiazepines) increases overdose risk.

Naloxone (Narcan) works. It reverses opioid overdoses and can save lives. It does not reverse xylazine and other non-opioid substances, but it should always be used because opioids are often present. More than one dose may be needed.

IN CASE OF OVERDOSE

- 1 Give Naloxone (Narcan®) right away** if the person is not responding.
- 2 Call 911 and stay** with the person until help arrives.
- 3 Provide rescue breathing.** If they don't respond after a few minutes, give a second dose of Naloxone. If Naloxone is not available, start rescue breathing right away.

Time is critical—overdose happens when breathing slows or stops. Brain damage can begin within 3–5 minutes without oxygen.

KNOW THE LAW: The Illinois Good Samaritan law (720 ILCS 570/414) may provide protection from charges or prosecution for drug possession when calling for help during an overdose.

WHAT YOU CAN DO



Don't use alone.

Be with someone who can respond in an emergency or check in with someone you trust.



Start small.

Using a small amount, especially with a new supply, reduces risk.



Test your supply.

Use fentanyl test strips or bring a sample to be tested with FTIR machines at harm reduction sites. Testing strips for other substances are also available.



Carry Naloxone.

Ensure people around you know where it is and how to use it.

WHERE TO FIND FREE NALOXONE & TESTING

Naloxone (Narcan) is a medication that can reverse opioid overdoses and save lives. It is often available free through harm reduction and outreach programs.

You can find Naloxone and testing at the locations below:

Harm Reduction & Street Outreach Programs: The Puerto Rico Project (PRP), Chicago Recovery Alliance (CRA), and Southside Heroin/Opioid Task Force.

Public Access: Public health vending machines (select CTA stations/libraries), community clinics, and most Chicago Public Libraries.

Pharmacies: Available in Illinois without a prescription (costs may vary).

Privacy: All services at PRP and CRA are confidential and anonymous. They create a unique identifier for you instead of using your name or personal information.

RESOURCES

Find services, support, and trusted community resources below. For additional information and overdose prevention resources, [visit **tasc.org/stayready**](https://tasc.org/stayready).



Chicago Department
of Public Health



Chicago Recovery
Alliance



Illinois Department
of Human Services



The Puerto Rico
Project



Southside Heroin/
Opioid Task Force



Treatment Alternatives
for Stronger Communities



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STATE SENATOR MATTIE HUNTER
ASSISTANT MAJORITY LEADER 3RD DISTRICT

