



# Hawai'i Overdose 'Ike\*

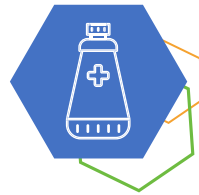
Information To Know About Drug Overdose



**Drug Overdose:**  
 Intaking a toxic amount  
 of drug(s)<sup>1</sup>



**Opioids can be:**  
 Prescription pain medication  
 or illegal drugs (e.g., heroin)<sup>2</sup>

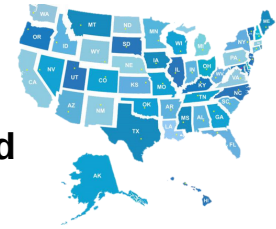


**Naloxone (NARCAN):**  
 Antidote that reverses the  
 effects of an opioid overdose<sup>2</sup>

**In the year 2019:**

**70,630**

drug overdose  
 deaths occurred  
 in the U.S.<sup>3</sup>



**In the year 2018:**

**213**

drug overdose  
 deaths occurred  
 in Hawai'i<sup>4</sup>



## Risks leading to an overdose:

- Taking greater substance amount than body tolerance
- Mixing drugs (and alcohol)
- Preexisting health conditions
- Not knowing what has been added
- Using alone<sup>5</sup>

## Signs of an overdose:

- Face is pale and/or clammy
- Body is limp
- Fingernails or lips have a blue or purple cast
- Person cannot be awakened from sleep or cannot speak
- Breathing is very slow or stopped
- Heartbeat is very slow or stopped<sup>2</sup>

An overdose can  
 happen to anyone.  
 (Family, Friends,  
 and You)



\*The definition of the word 'Ike we are referring to is knowledge.





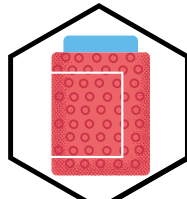
# Hawai'i Overdose 'Ike

..... Actions To Take About Drug Overdose .....

## LIVE ALOHA



**L**ook for a health<sup>8</sup>  
 care provider



**A**lways store medicine  
 in secure places



**I**dentify risks and  
 signs of an overdose



**L**et go of unused  
 medicine properly



**V**alue support for  
 those at risk



**O**nly take medicine  
 as prescribed



**E**mpathize with  
 nonjudgement



**H**ave open talks  
 with loved ones



**A**ctively educate  
 yourself and others

### Know Your Rights:

**Act 217**- Allows you to call 911 to prevent an overdose from being fatal without getting arrested.<sup>6</sup>

**Anyone can carry Naloxone in Hawai'i.** You can request a prescription and/or get it from Hawai'i Harm Reduction Service Branch.<sup>7</sup>

### Overdose Resources:

- |Hawai'i Health & Harm Reduction Center - [hhrc.org](http://hhrc.org) |Get Naloxone Now - [getnaloxonenow.org](http://getnaloxonenow.org)
- |Centers for Disease Control and Prevention - [cdc.gov](http://cdc.gov) |Harm Reduction Coalition - [harmreduction.org](http://harmreduction.org)
- |Prescribe to Prevent - [prescribeprevent.org](http://prescribeprevent.org) |Hawaii Opioid Initiative - [hawaiiopioid.com](http://hawaiiopioid.com)
- |DOH - ADAD - [health.hawaii.gov/substance-abuse](http://health.hawaii.gov/substance-abuse) |Ku Aloha Ola Mau - [kualoha.com](http://kualoha.com)

This project is funded by the CDC Overdose Data to Action Project through the Hawai'i State Department of Health, Behavioral Health Administration.

This infographic was developed by the C3-OD2A team. The team would like to thank and acknowledge Zedrick-Kyle Oda for his efforts in leading the development of this infographic.





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(e.g., heroin)

**Naloxone (NARCAN):** Antidote that reverses the effects of an opioid overdose<sup>2</sup>

**In the year 2019: 70,630 drug overdose deaths occurred in the U.S.**<sup>3</sup>

**In the year 2018: 213 drug overdose deaths occurred in Hawai'i.**<sup>4</sup>

**Hawai'i's death rate resulted in 14.3 per 100,000 persons.**<sup>4</sup>

**An overdose can happen to anyone (Family, Friends, and You).**

### **Risks leading to an overdose:**

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# Hawai'i Overdose 'Ike

## *Actions To Take About Drug Overdose*

### **LIVE ALOHA**

LIVE ALOHA is an acronym for drug overdose prevention suggestions to ensure safety.

#### **LIVE**

- **L**ook for a health care provider
- **I**dentify risks and signs of an overdose
- **V**alue support for those at risk
- **E**mpathize with nonjudgement

#### **ALOHA**

- **A**lways store medicine in secure places
- **L**et go of unused medicine properly
- **O**nly take medicine as prescribed
- **H**ave open conversations with loved ones
- **A**ctively educate yourself and others<sup>8</sup>

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- Centers for Disease Control and Prevention - [cdc.gov](http://cdc.gov)
- Harm Reduction Coalition - [harmreduction.org](http://harmreduction.org)
- Prescribe to Prevent - [prescribetoprevent.org](http://prescribetoprevent.org)
- Hawaii Opioid Initiative - [hawaiiopioid.com](http://hawaiiopioid.com)
- DOH - ADAD - [health.hawaii.gov/substance-abuse](http://health.hawaii.gov/substance-abuse)
- Ku Aloha Ola Mau - [kualoha.com](http://kualoha.com)





## References

- <sup>1</sup> What is an overdose?. Harmreductioncoalition.org. <https://harmreduction.org/issues/overdose-prevention/overview/overdose-basics/what-is-an-overdose/>. Accessed March 17, 2020.
- <sup>2</sup> Substance Abuse and Mental Health Services Administration. SAMHSA Opioid Overdose Prevention TOOLKIT. SAMHSA. <https://store.samhsa.gov/sites/default/files/d7/priv/sma18-4742.pdf>. Published 2013. Updated 2018. Accessed March 17, 2020.
- <sup>3</sup> Hedegaard H., Miniño AM., Warner M. Drug overdose deaths in the United States, 1999–2019. NCHS Data Brief. 2020 December; (394). <https://www.cdc.gov/nchs/products/databriefs/db394.htm>. Accessed February 03, 2021.
- <sup>4</sup> Hedegaard H., Miniño AM., Warner M. Drug overdose deaths in the United States, 1999–2018. NCHS Data Brief. 2020 January; (356). <https://www.cdc.gov/nchs/products/databriefs/db356.htm>. Accessed February 03, 2021.
- <sup>5</sup> Risks for Relapse, Overdose and What You Can Do. drugfree.org. <https://drugfree.org/article/relapse-overdose/>. Published 2018. Accessed March 17, 2020.
- <sup>6</sup> ACT 217 (SB 982). Governor.hawaii.gov. <https://governor.hawaii.gov/acts/act-217-sb982-sd1-hd2-07072015/>. Published July 7, 2015. Accessed March 26, 2020.
- <sup>7</sup> Overdose Prevention And Naloxone. Health.hawaii.gov. <https://health.hawaii.gov/harmreduction/overdose-prevention-and-naloxone/>. Updated 2020. Accessed March 17, 2020.
- <sup>8</sup> U.S. Department of Health and Human Services (HHS). Facing addiction in america: the surgeon general's spotlight on opioids. [https://addiction.surgeongeneral.gov/sites/default/files/Spotlight-on-Opioids\\_09192018.pdf](https://addiction.surgeongeneral.gov/sites/default/files/Spotlight-on-Opioids_09192018.pdf). Published September 2018. Accessed March 18, 2020.

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Behavioral Health & Homelessness  
Statewide Unified Response Group  
BHHSURG



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration