

opioids and fentanyl

stay in the know:

what are opioids?

Opioids are natural, synthetic, or semi-synthetic chemicals that interact with opioid receptors in the brain and can reduce the intensity of pain or feelings of pain.

Types of opioids include:

- prescription opioids like morphine, hydrocodone and oxycodone
- synthetic opioids such as fentanyl
- illegal drugs such as heroin

what is fentanyl?

Fentanyl is an opioid that is up to 50 times more potent than heroin. Fentanyl can be fatal in very small doses and has been found laced in cocaine, heroin, meth, and counterfeit pressed pills posing as Xanax, Ecstasy/Molly, Oxycodone, or Adderall. *People in San Diego are dying from fentanyl who never intended to use the substance.*



how to recognize an opioid overdose:

- Unresponsiveness or unusual sleepiness
- Shallow or no breathing
- Cold or clammy skin
- Nails or lips are blue
- No response to stimulus
- Gurgling/heavy wheezing or snoring sound



make the call:

The Responsible Torero Harm Reduction Practice encourages students to “make the call” for help for a friend during an alcohol or other drug-related emergency without fear of facing university sanctions in most instances.

On-campus: USD Public Safety: 619 -260 - 2222

Off-campus: 911

what is narcan/naloxone?

Narcan is a medication used to reverse opioid overdose when an overdose is known or suspected to be occurring. It is intended for immediate use in emergency situations where opioids may be present. Narcan is the nasal spray option for administering the medication Naloxone.

USD Public Safety has and can administer Narcan. Narcan is also available to everyone over the counter at local pharmacies and most insurances cover the cost. If you feel you have the potential to be an upstander during a suspected overdose, you are encouraged to carry Narcan. You can learn about Narcan administration at www.narcan.com

resources:

Center for Health & Wellness Promotion
UC 161
619-260-4618

You are USD
sandiego.edu/youareusd



alcohol use + abuse

stay in the know:

protective behaviors:

If you choose to drink, take these steps to engage in protective behaviors:

- Pay attention to [standard drink sizes](#) and how they can help you estimate your Blood Alcohol Level.
- [Set a limit](#) for your drinks and keep track as you go to hold yourself accountable.
- [Pace and space](#) your drinks. Drink a glass of water between drinks.
- [Have a plan](#) for how you are getting to and from an event or friend's house.
- [Eat](#) before and while drinking. High protein foods are helpful in slowing the absorption of alcohol into the bloodstream.
- Always ensure you have [seen your drink being poured](#).

Before you even take a sip, it's also a good idea to ask yourself why you are drinking. Are you drinking to cover up feelings of anger, stress, or sadness? Alcohol can make negative feelings more intense and can actually worsen symptoms of depression or other mental health concerns.

standard drink sizes

one standard drink is:



wine
5 fl oz.



liquor
1.5 fl oz.



beer
12 fl oz.

what is alcohol abuse?

"High risk" or problematic drinking is defined as alcohol consumption that negatively affects an individual's health or safety. This includes binge drinking or consuming four or more drinks in one sitting. Engaging in binge drinking puts individuals at risk for a number of negative outcomes such as physical injuries, academic concerns, legal issues and alcohol poisoning.

alcohol overdose/poisoning:

An alcohol overdose occurs when there is so much alcohol in the bloodstream that areas of the brain controlling basic life-support functions (breathing, heart rate, and temperature control) begin to shut down.

Symptoms of alcohol overdose include:

mental confusion - difficulty remaining conscious - vomiting - seizure - trouble breathing - slow heart rate - clammy skin - dulled responses such as no gag reflex - extremely low body temperature

Alcohol overdose can lead to permanent brain damage or death.

get help:

If you think someone has alcohol poisoning, call Public Safety at 619-260-2222 or dial 911 if you are off campus and stay with them until help arrives. The Responsible Torero Practice encourages you to "make the call" for help without fear of facing university sanctions in most instances.

Find out more about your own drinking habits by taking our free, anonymous screening at:

tinyurl.com/usd-screening

Visit the Center for Health and Wellness Promotion in UC 161 for more support.