

LOS ALAMOS

FREE Narcan Locations

lacnm.com/needhelp



Reverse an Opioid Overdose

Be prepared for the unexpected...

Did you know that you can get Narcan for free in Los Alamos County? Narcan is a life saving medication that can reverse an opioid overdose. It is estimated that 2.5 million Americans struggle with an opioid use disorder, but only 22% of them receive treatment. Los Alamos County is aiming to change this. In this brochure you will find information on where to get Narcan for free in Los Alamos County, how to identify an opioid overdose, and how to administer Narcan, as well as addiction resources. Know the signs. Save a life.

LOS ALAMOS
Social Services



SIGNS OF OPIOID MISUSE:

Knowing the signs that someone could be struggling with, or misusing opioids is vital. If you notice that a friend or family member is...

- Continually seeking a higher dosage of an opioid
- Seeing a variety of doctors and faking symptoms in order to get more opioids prescribed to them
- Really drowsy after a period of them being unusually happy
- Losing consciousness or falling asleep at random times
- Losing interest in things they used to like
- All of a sudden, really anxious, nervous, secretive, or dishonest

...Then they may be struggling with an opioid use disorder.

If you know someone struggling with opioid misuse, keeping Narcan on hand could save their life.



RESOURCES:

If you or someone you love is facing addiction and needs assistance, the following contacts may be helpful in finding a solution.

SOCIAL SERVICES OFFICE

505-662-8068

1183 Diamond Drive, Suite E, Los Alamos, NM

lacnm.com/needhelp

NARCOTICS ANONYMOUS HOTLINE

800-925-4186

ALCOHOLICS ANONYMOUS HOTLINE

505-266-1900

EMERGENCY CONTACTS:

9-1-1

Emergency Services

9-8-8

Suicide & Crisis Lifeline

NEW MEXICO CRISIS AND ACCESS HOTLINE

Statewide mental health crisis line for anyone in need of local services. 1-855-662-7474

VETERANS CRISIS LINE

1-800-273-8255

UNM PSYCHIATRIC CENTER

24-hour mental health emergency service 505-272-2920

NARCAN FAQs:

- Narcan is not addictive.
- Narcan will only work on opioid-related overdoses.
- Narcan will have no effect on someone who does not have opioids in their system.
- It is safe to administer Narcan to people of all ages; to people who are pregnant/nursing; and who may be on other medications.
- Narcan is an opioid antagonist. It prevents the opioid from binding to the brain by taking its place.

IF YOU SUSPECT SOMEONE IS OVERDOSING, CALL 9-1-1 IMMEDIATELY.

SIGNS OF AN OVERDOSE:

- Not breathing well
- Turning blue/grey
- Not reacting when knuckles are rubbed on their chest
- Small, constricted "pinpoint" pupils

HOW TO ADMINISTER NARCAN:

Read the specific instructions on the box for each brand as they can vary.

1. **Gently move the person onto their side** and tilt their head back. This helps keep their airway open and allows blood and vomit to drain out. This position is called the "recovery position".
2. **Remove Narcan nasal spray from box**
 - Peel back the tab to open the Narcan Nasal Spray.
3. **Hold Narcan spray** with your thumb under the plunger and your first two fingers by the nozzle.
4. **Gently insert** the tip of the nozzle into either nostril.
 - Tilt head back and provide support under their neck with your hand.
5. **Press the plunger** firmly to give a dose of Narcan Nasal Spray.
 - Remove the Narcan Nasal Spray from the nostril after giving the dose.
6. **Repeat steps 1-4** every 2-3 minutes until person responds or emergency medical help is available.

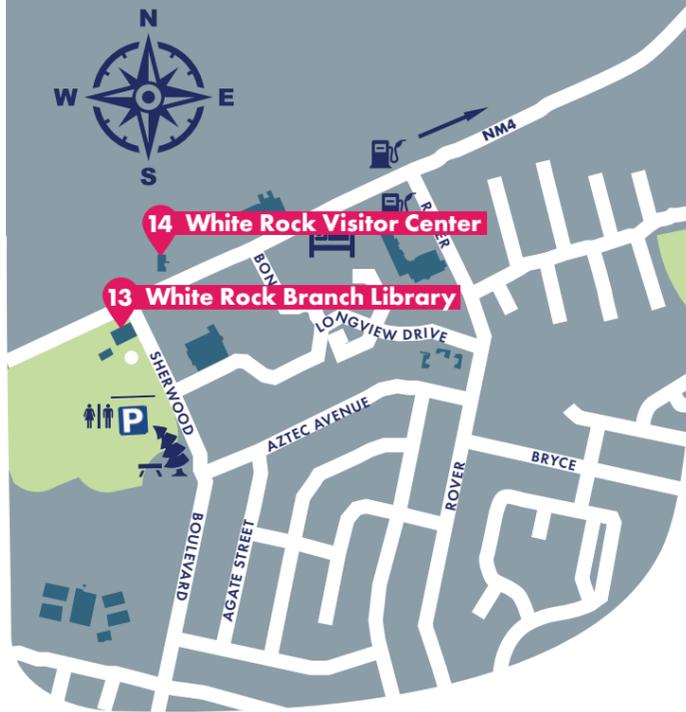
GIVE RESCUE BREATHS:

If it is safe to do so and you feel comfortable, give one breath every 5 seconds. Tilt the head back, lift the chin, and pinch the nose.

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LOS ALAMOS
where discoveries are made

WHITE ROCK LOCATIONS



WHERE TO GET FREE NARCAN IN LOS ALAMOS AND WHITE ROCK:

LOS ALAMOS

- 1 Social Services Office:** 1183 Diamond Dr., Suite E
Ask for Narcan at the front desk, Mon - Fri, 9 a.m. - 4 p.m.
- 2 Los Alamos Visitor Center:** 475 20th St. Suite A,
Ask for Narcan at the front desk. Mon - Fri: 9 a.m. - 5 p.m.
Sat: 9 a.m. - 4 p.m., Sun: 10 a.m. - 3 p.m.
- 3 Mesa Public Library:** 2400 Central Ave.
Ask for Narcan at the front desk.
Mon - Thu: 10 a.m. - 8 p.m.
Fri: 10 a.m. - 6 p.m., Sat: 9 a.m. - 5 p.m.
- 4 Los Alamos County Municipal Building:**
1000 Central Ave. Suite 130
Ask for Narcan at the Customer Care Center.
Mon - Fri: 8 a.m. - 5 p.m.
- 5 Los Alamos Municipal Courthouse:** 2500 Trinity Dr.
Ask for Narcan at the front window.
Mon - Fri 8 a.m. - 4:30 p.m.

- 6 Elks Lodge B.P.O.E. 2083:** 1601 Trinity Drive
Ask for Narcan.
Mon -Thur 3 - 11 p.m., Fri & Sat 3 p.m. - 12 a.m., Sun 2 - 10 p.m.
- 7 Los Alamos Commerce & Development Corporation**
190 Central Park Sq. Ask for Narcan at the front desk.
Mon - Fri 9 a.m. - 5 p.m.
- 8 Project Y Co-Working Space:** 150 Central Park Sq.
Ask for Narcan at the front desk.
Mon - Fri, 8 a.m. - 4:30 p.m.
- 9 Samizdat Bookstore & Teahouse:** 174 Central Park Sq.
Narcan is near the front door in a cubby.
Mon - Fri, 8 a.m. - 4:30 p.m.
- 10 Los Alamos Public Health Office:** 1183 Diamond Dr., Suite D
Ask for Narcan at the front desk.
Mon - Fri, 8 a.m. - 4:30 p.m.

- 11 Farmers Market:** Ashley Pond Park
Ask for Narcan at the Social Services table.
(Seasonal) Thursdays, May - October, 9 a.m. - 12:30 p.m.
- 12 Summer Concert Series:** Ashley Pond Park
Ask for Narcan at the Community Services table.
(Seasonal) Fridays, May - August, 5:30 p.m. - 7:30 p.m.

WHITE ROCK

- 13 White Rock Branch Library:** 10 Sherwood Blvd.
Ask for Narcan at the front desk.
Mon - Thu: 10 a.m. - 8 p.m.
Fri: 10 a.m. - 6 p.m., Sat: 9 a.m. - 5 p.m., Sun 1 - 5 p.m.
- 14 White Rock Visitor Center:** 115 NM 4
Ask for Narcan at the front desk.
Mon - Sun 10 a.m. - 2 p.m.

