



Siletz Community

Siletz Harm Reduction Needle Exchange Program

1 Identify Opioid Overdose and Check for Response

Ask person if he or she is okay and shout name.

Shake shoulders and firmly rub the middle of their chest.

Check for signs of opioid overdose:

- Will not wake up or respond to your voice or touch
 - Breathing is very slow, irregular, or has stopped
 - Center part of their eye is very small, sometimes called "pinpoint pupils"
- Lay the person on their back to receive a dose of NARCAN Nasal Spray.



2 Give NARCAN Nasal Spray

Remove NARCAN Nasal Spray from the box. Peel back the tab with the circle to open the NARCAN Nasal Spray.



Hold the NARCAN nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



Gently insert the tip of the nozzle into either nostril.

- Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into **one nostril**, until your fingers on either side of the nozzle are against the bottom of the person's nose.



Press the plunger firmly to give the dose of NARCAN Nasal Spray.

- Remove the NARCAN Nasal Spray from the nostril after giving the dose.



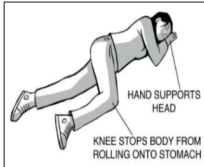
3 Call for emergency medical help, Evaluate, and Support

Get emergency medical help right away.

Move the person on their side (recovery position) after giving NARCAN Nasal Spray.

Watch the person closely.

If the person does not respond by waking up, to voice or touch, or breathing normally another dose may be given. NARCAN Nasal Spray may be dosed every 2 to 3 minutes, if available.



Repeat Step 2 using a new NARCAN Nasal Spray to give another dose in the other nostril. If additional NARCAN Nasal Sprays are available, repeat step 2 every 2 to 3 minutes until the person responds or emergency medical help is received.

Naloxone/Narcan Distribution

We are seeing a spike in OVERDOSES in Lincoln County. If you know someone who uses opioids please ask for Narcan. It is FREE and can save a life. Please never use alone.

Questions about Harm Reduction or our services, contact:

Chris Oleman: 541-272-2721

Sissy Rilatos: 541-270-9643



Free and we will deliver to you!

Happy New Year

As we start off the New Year (2021), several people will make a resolution. Whether it's exercising, eating healthier, take a vacation, go back to school, quit smoking, etc. Many of these resolutions will require a change in lifestyle, for example; eating more fruits and vegetables, working on portion control during meals, start going to the fitness center or incorporating more physical activities into your routine.

If you are looking at quitting smoking, here are a few tips to help with your success:

1. Make a list of reasons on why you want to "quit smoking".
2. Choose a method whether it be "cold turkey", "tapering", using a app or a texting program, nicotine replacement therapy (NRT's). There are several methods, if you need assistance or have a question, contact the Tobacco Prevention Coordinator at 541-444-9682.
3. Set a quit date. Pick a day that works for you, not a day that will be too stressful. Write it down and commit to it.
4. Let your family and friends know that you are quitting and ask them to support you on your new journey. Let them know that you may need to contact them when your going through a rough time.
5. Reward yourself. Use the money that you will save on cigarettes and treat your self to the new you. You can buy yourself something small and frequent, or save up and get something nice. **You deserve it.**

Cancers associated with commercial tobacco use for January

Cervical Cancer:

Cervical cancer occurs when the cells of the cervix grow abnormally and invade other tissues and organs of the body. When it is invasive, this cancer affects the deeper tissues of the cervix and may have spread to other parts of the body (metastasis), most notably the lungs, liver, bladder, vagina, and rectum.

There are two main types of cervical cancer: squamous cell carcinoma and adenocarcinoma. Each one is distinguished by the appearance of cells under a microscope.

Squamous cell carcinomas begin in the thin, flat cells that line the bottom of the cervix. This type of cervical cancer accounts for 80 to 90 percent of cervical cancers.

Adenocarcinomas develop in the glandular cells that line the upper portion of the cervix. These cancers make up 10 to 20 percent of cervical cancers.

Commercial Tobacco Quitline 1-800-QUIT-NOW

AI/AN Line now available (option 7) 1-800-7848-663