

# Help stop overdose deaths.

# Learn about Narcan.

# Get involved.



**What is NARCAN?** Narcan (also known as naloxone) is a medication that can reverse the effects of an overdose, such as slowed or stopped breathing.

**Why is it important to distribute Narcan?** Studies have shown that the more Narcan in a community the less risk of overdose death. Narcan distribution events make this life-saving medication available to friends, family, and other bystanders most likely to be able to save the life of someone at risk of an opioid overdose.

## Host an Overdose Prevention POD

Volunteer in your community and help us train people how to use Narcan

### What are PODs?

PODs (Points of Distribution) are events designed to teach people about the signs of overdose and how to use Narcan to prevent overdose deaths. They can be very large or fairly small.

There are two kinds of PODs:

- ❖ Classroom style - 1 hour classroom-style set up with an instructor and volunteers
- ❖ Shortened version - 10 to 15 minutes, often outdoors (parking lots, parks) with only a few tables and volunteers

Contact [OHCR@delaware.gov](mailto:OHCR@delaware.gov) if you would like to host a POD or volunteer.