



TEXAS ALCOHOLIC  
BEVERAGE COMMISSION

*Texans Helping Businesses & Protecting Communities*

# Opioid-Related Drug Overdose Course

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Required for Certain Mixed Beverage and Private Club Permit  
Holders and Certain Employees

# Opioid Overdoses | Course Requirement



- **The course is required for:**
  - Mixed Beverage Permit holders (at least one person named on the permit must receive the training),
  - Private Club Permit holders (at least one person named on the permit must receive the training), **and**
  - Employees of these permit holders that are required by the permit holder to complete Seller/Server Certification
  - *However, TABC encourages everyone to take this course. It could help save a life.*
- **Exemption from course requirement:** permit holders that are a “restaurant” and their staff
  - Restaurant: operates its own permanent food service facility with commercial cooking equipment on its premises and prepares and offers to sell multiple entrees for consumption on or off the premises
- **Course frequency:** those required to take the course must take it once each year
- **After course completion:** submit a TABC Education Certification Form as instructed on the last page of this course to certify that you have met your annual course requirement

TX Alc. Bev. Code Sec. 1.04, 5.61, 28.20, 32.26

# Opioid Overdoses | Background



- **Texas law requires TABC to provide this course on opioid-related drug overdoses, which must deliver information on:**
  - The signs and symptoms of an opioid-related drug overdose
  - The administration of an opioid antagonist
- **This is the only TABC-approved course that meets the annual opioid-related drug overdose education requirement**
- **TABC compiled the information in this course from the following sources:**
  - Texas Health and Human Services Commission (HHSC)
  - Texas Department of State Health Services (DSHS)
  - Texas Workforce Commission (TWC)
  - U.S. Centers for Disease Control and Prevention (CDC)
  - U.S. National Institutes of Health (NIH)
  - U.S. Food & Drug Administration (FDA)

# Opioid Overdoses | Course Outline



- Know the seriousness of opioid-related overdoses
- Know what an opioid is
- Identify the signs of a possible opioid-related overdose
- Know what to do for a possible opioid-related overdose
- Know how to administer an opioid antagonist – naloxone

# Opioid Overdoses | Awareness



- Over 150 people in the U.S. die every day from opioid-related overdoses
- 1 in 4 Texans have experienced an opioid overdose or know someone who has
- In 2022, there were an estimated 2,902 opioid-related deaths in Texas
- Provisional data from 2022 indicates:
  - About 75% of opioid-related deaths in Texas involved fentanyl
  - About 44% of all drug poisoning deaths in Texas involved fentanyl
  - Fentanyl poisoning deaths in Texas increased by about 33% from 2021
- Since 2017, opioids have been involved in about 52% of all unintentional overdose deaths

Sources: [Texas Health Data - Fentanyl Trends](#), [One Pill Kills - Texas Workforce Commission](#), [Fentanyl Facts \(cdc.gov\)](#)

# Opioid Overdoses | Opioid Definitions



- **Opioid** – a class of drugs used to reduce pain
  - Can be legally made, which is prescribed to an individual by a doctor (pharmaceutical opioid)
  - Can be illegally-made outside of the established medical system
- **Fentanyl** – synthetic opioid, many times more powerful than other opioids
  - It is 50 to 100 times more potent than morphine
  - Legally-made fentanyl is administered in the form of skin patches, tablets, lozenges, or nasal sprays
  - Illegally made fentanyl is often administered...
    - In powder form – mixed with heroin and/or cocaine or pressed into counterfeit prescription pills
    - In liquid form – liquid in eye dropper, dropped onto paper or small candies
- **Heroin** – an illegal opioid that is typically injected, sometimes smoked or snorted
  - 25 people died every day from a heroin overdose in the U.S. in 2021

Sources: [Opioid Basics | Opioids | CDC](#), [Fentanyl | Opioids | CDC](#), [Fentanyl Facts \(cdc.gov\)](#), [Heroin | Opioids | CDC](#), [Commonly Used Terms | Opioids | CDC](#)

# Opioid Overdoses | List of Opioids



- **Fentanyl**

- Commercial names: Actiq, Duragesic, Sublimaze
- Street names: Apache, China Girl, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, Tango and Cash, TNT

- **Heroin**

- Street names: Brown sugar, Dope, H, Horse, Junk, Skag, Skunk, Smack

- **Hydrocodone**

- Commercial names: Vicodin
- Street names: Vike, Watson-387

- **Methadone**

- Commercial names: Dolophine
- Street names: Amidone, Chocolate Chip Cookies

- **Morphine**

- Commercial names: Kadian, Duramorph
- Street names: M, Miss Emma, Monkey, White Stuff

- **Oxycodone**

- Commercial names: OxyContin, Percocet
- Street names: O.C., Oxycet, Oxy, Hillbilly Heroin, Percs

Source: [Street & Commercial Names | NIH Library](#)

# Opioid Overdoses | Overdose Definition



## Opioid-Related Drug Overdose

- A condition – evidenced by symptoms such as extreme physical illness, decreased level of consciousness, constriction of the pupils, respiratory depression, or coma – that a layperson would reasonably believe to be the result of the consumption or use of an opioid

*TX Health and Safety Code Sec. 483.101(3)*



# Opioid Overdoses | Identifying Overdoses



## Recognizing the signs of an opioid overdose can save a life

- Small, constricted “pinpoint pupils”
- Falling asleep or losing consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and/or clammy skin
- Discolored skin (especially in lips and nails)

Source: [Fentanyl Facts \(cdc.gov\)](#)

# Opioid Overdoses | Identifying Overdoses



## Determine an opioid overdose by checking the following:

- Is the person hard to wake up?
- Are their pupils very small?
- Lift their arm. Is there no resistance?
- Feel their hands. Are they cold and clammy?
- Are their lips, gums, nails, or skin discolored (blue)?
- Have they stopped breathing?
- Are they breathing with very slow or shallow breaths?
- Are they making gurgling or choking sounds?

If you answer yes to any of these, it could indicate an opioid-related overdose.

**If you aren't sure, treat it like an overdose — you could save a life.**

Source: [Fentanyl Facts \(cdc.gov\)](#), [Access to Naloxone Can Save a Life During an Opioid Overdose | FDA](#)

# Opioid Overdoses | What to Do



## If you think someone has overdosed:

- 1. Call 911 Immediately**
- 2. Administer naloxone, if available**

*Naloxone is a medication that can reverse the effects of opioid overdose and save lives.*

*It can be purchased from a pharmacy without a prescription in most states.*

3. Try to keep the person awake and breathing
4. Determine if another dose of naloxone is necessary
5. Lay the person on their side to prevent choking
6. Stay with the person until emergency assistance arrives

Source: [Fentanyl Facts \(cdc.gov\)](https://www.cdc.gov/fentanyl/facts/)

# Opioid Overdoses | Administer Naloxone



- Naloxone can save someone from an opioid overdose if administered in time
- **When to use naloxone** – if someone you suspect of experiencing an opioid overdose has:
  - Slow breathing,
  - Stopped breathing, or
  - Is otherwise unresponsive
- **It's always best to use naloxone if you think someone is overdosing**
- Naloxone won't harm someone overdosing on something other than opioids

Source: [Lifesaving Naloxone \(cdc.gov\)](#), [How and When to Use Naloxone for an Opioid Overdose \(cdc.gov\)](#)

# Opioid Overdoses | Administer Naloxone

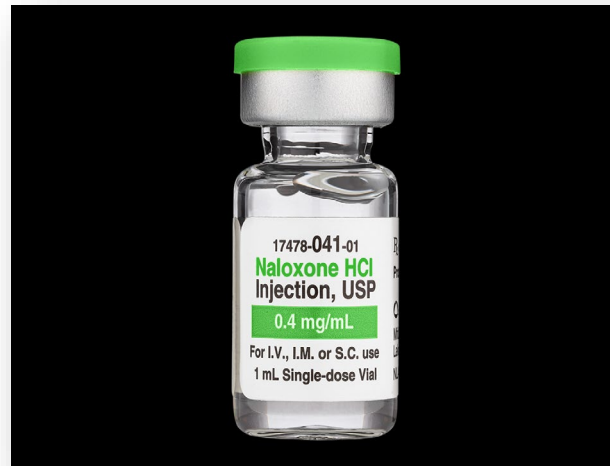


The U.S. Government has approved 3 ways of administering naloxone:

**Prefilled nasal spray**



**Injectable liquid by syringe**



**Auto-injector**



Anyone can administer naloxone in one of these ways without medical training or authorization

Source: [Lifesaving Naloxone \(cdc.gov\)](https://www.cdc.gov/lifelines/lifelines-articles/lifelines-articles-10-16-17-01), [Information about Naloxone and Nalmefene | FDA](https://www.fda.gov/oc/ohrt/ohrt-01-16-17-01)

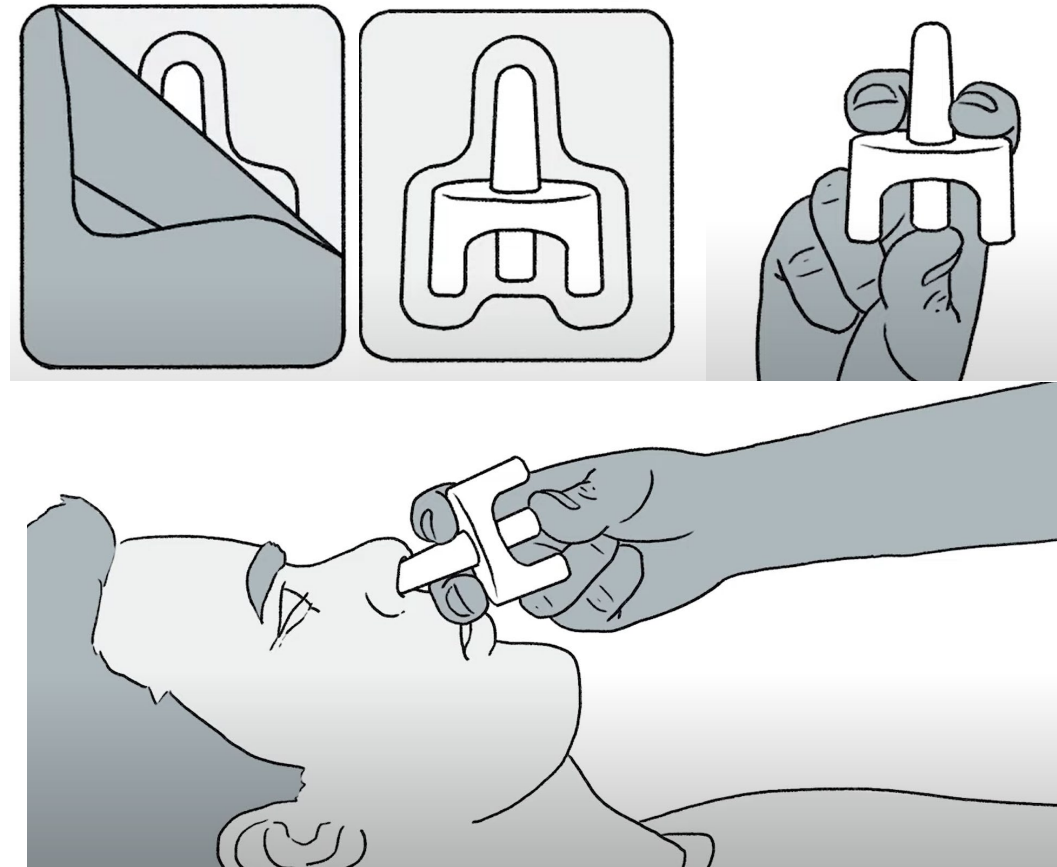
# Opioid Overdoses | Nasal Naloxone



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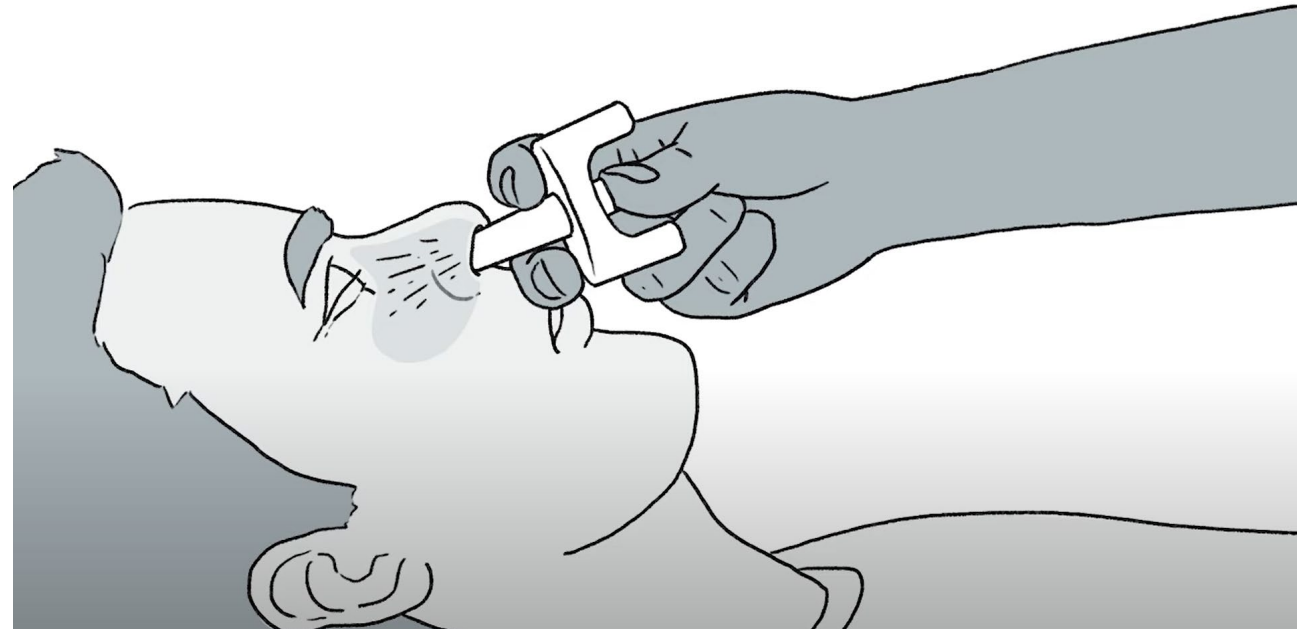
1. Remove nasal spray from the box.
2. Peel back tab to open nasal spray.
3. Hold nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.
4. Insert the tip of the nozzle into one of the person's nostrils.



# Opioid Overdoses | Nasal Naloxone



5. Press plunger to give entire dose of naloxone, then take nasal spray out of the nostril.
6. If the person does not respond within 2-3 minutes or stops breathing, use a new nasal spray to give a second dose of naloxone in the other nostril.





# Opioid Overdoses | Naloxone Injection



# Opioid Overdoses | Naloxone Auto Injector



1. Take auto-injector from its outer case.

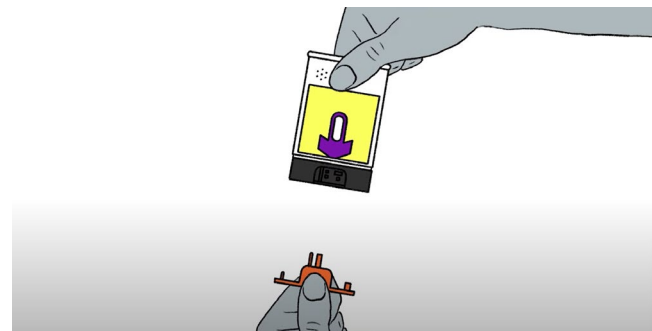
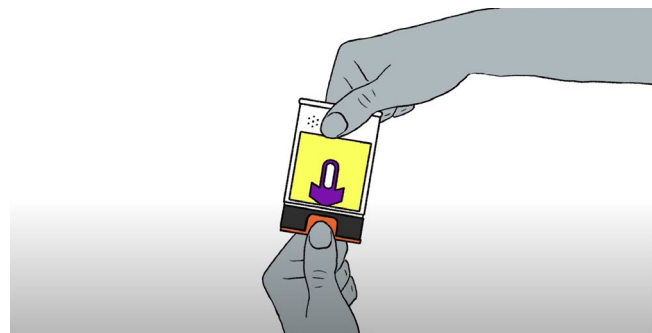
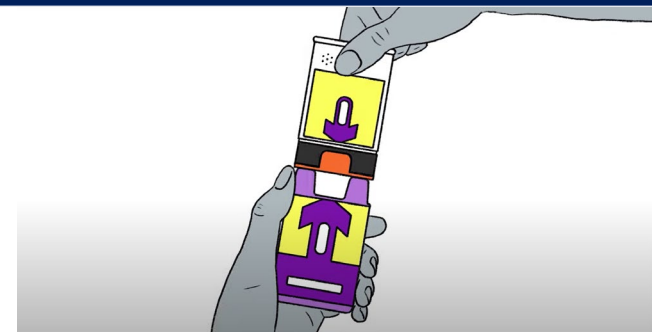
*The auto-injector has an electronic voice system that gives step by step instructions.*

2. Pull off the red safety guard.

3. Press black end firmly against person's outer thigh.

*This can be over clothing if necessary.*

4. Hold in place for 5 seconds while auto-injector gives the dose of naloxone.



# Opioid Overdoses | After Administering Naloxone



1. Try to keep the person awake and breathing
2. **Determine if another dose of naloxone is necessary**
  - Naloxone can restore normal breathing within 2 to 3 minutes
  - More than one dose of naloxone may be required
3. Lay the person on their side to prevent choking
4. Stay with the person until emergency assistance arrives  
...or for at least four hours to make sure their breathing returns to normal

## Note: naloxone can sometime cause withdrawal symptoms

- The person who is administered naloxone may experience unpleasant – but non-life-threatening – physical reactions such as fever, nausea, sweating, vomiting, shaking, fast heart rate, feeling restless or irritable

Source: [Lifesaving Naloxone \(cdc.gov\)](#), [Fentanyl Facts \(cdc.gov\)](#), [How and When to Use Naloxone for an Opioid Overdose \(cdc.gov\)](#)

# Opioid Overdoses | Carrying Naloxone



- Carrying naloxone is no different than carrying an epinephrine auto-injector (commonly known by the brand name EpiPen) for someone with allergies.
- It simply provides an extra layer of protection for those at a higher risk for overdose.
- **After naloxone is used or if it is expired, contact your source of naloxone to acquire replacement doses.**

Source: [Lifesaving Naloxone \(cdc.gov\)](#), [How and When to Use Naloxone for an Opioid Overdose \(cdc.gov\)](#)

# Opioid Overdoses | Obtaining Naloxone



- Naloxone is available in all 50 states.
- In Texas (as in most states), naloxone can be purchased from a pharmacy without a prescription.
- [NEXT Naloxone \(naloxoneforall.org\)](https://naloxoneforall.org) can help you access naloxone.
  - See [Texas — NEXT Distro](#) for Texas-specific resources.
- [MoreNarcPlease.com](https://MoreNarcPlease.com) provides access to state funded naloxone in Texas.
  - Organizations may request a maximum of 24 units per order.
- Additional source of naloxone: [UT Health San Antonio - Single Request \(uthscsa.edu\)](https://uthscsa.edu).

Source: [Lifesaving Naloxone \(cdc.gov\)](https://www.cdc.gov), [NEXT Distro](#), [Home | Morenarcplease](#)

# Opioid Overdoses | More Information



- **U.S. Center for Disease Control and Prevention**

- [Preventing Opioid Overdose | Opioids | CDC](#)
- [Reverse Overdose to Prevent Death | Opioids | CDC](#)
- [Fentanyl Facts \(cdc.gov\)](#)
- [Lifesaving Naloxone \(cdc.gov\)](#)

- **Texas Health and Human Services Commission**

- [Fentanyl: One Pill Kills | Texas Health and Human Services](#)
- [Texas Opioid Response \(txopioidresponse.org\)](#)
- [Texas Health Data - Opioids](#)

# You have concluded the Opioid-Related Drug Overdose Course!

Establish that you have satisfied the legal requirement for annual education on opioid-related drug overdoses:

**1. Fill out the [TABC Education Certification Form](#)**

*You must select “Opioid-Related Drug Overdose” from the form’s drop-down course menu*

**2. Hit “Submit” at the bottom of the page**



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