

TUOLUMNE COUNTY PUBLIC HEALTH



PROGRAMS & SERVICES

The public health department oversees over 40 health programs and grants that aim to promote and protect the health of Tuolumne County. Major priorities of the department include:

- Provision of comprehensive public health services, education, and advocacy to enhance the quality of life for all individuals & communities in Tuolumne County
- Provide accessible, evidence-based, and equitable services that prioritize the needs of community members

CONNECT WITH US!

Facebook Page

www.facebook.com/tuolumnecountypublichealth

TCPH Website

<https://www.tuolumnecounty.ca.gov/250/Public-Health#>

Instagram

@tchealth



OPIOIDS

Like many rural areas in California, Tuolumne County has been significantly impacted by opioids, addiction, and overdose. In 2023, Tuolumne County was the worst in California for morphine milligram equivalents (MMEs) prescribed to residents. This is a growing health concern especially as fentanyl access and use has increased in the county. TCM is working to review available data for our community, expand free naloxone access and distribution, educate on prescribing practices, work with providers on treatment access, and collaborate with community partners, local law enforcement, and schools on prevention strategies.

- There were over 10,000 drug overdose deaths in California in 2024.
- Drug overdose was the leading cause of death among 25-54 year olds in 2022.
- One third of U.S. adults know someone who has died from a drug overdose.
- Since 2018, the California Naloxone Distribution project has facilitated over 355,00 overdose reversals.
- Fentanyl is a synthetic opioid, up to 50 times stronger than heroin.
- 4 out of 10 fake pills contain a potentially lethal dose of fentanyl.



LEARN MORE OR GET INVOLVED !

- Tuolumne County Opioid Coalition
- YES Partnership Coalition
- FACTS-Fentanyl Awareness Coalition of Tuolumne and Surrounding Areas

For a full opioid presentation, please contact us at:
health@tuolumnecounty.ca.gov

Addiction Services Information



Rx Safe Tuolumne

<https://www.rxsafetuolumne.org/getting-help/treatment-and-resources>

Directory of local treatment and prevention services



Community Resource Guide

<https://www.tuolumnecounty.ca.gov/DocumentCenter/View/25582/Community-Resource-Guide>



211

<https://211tuolumne.com/>

Call 2-1-1 to access free resource and referral services



Contact Information

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TUOLUMNE COUNTY PUBLIC HEALTH

TUOLUMNE COUNTY DATA

Figure 1: 2024 Fatal Overdoses and Multi-Drug Toxicity

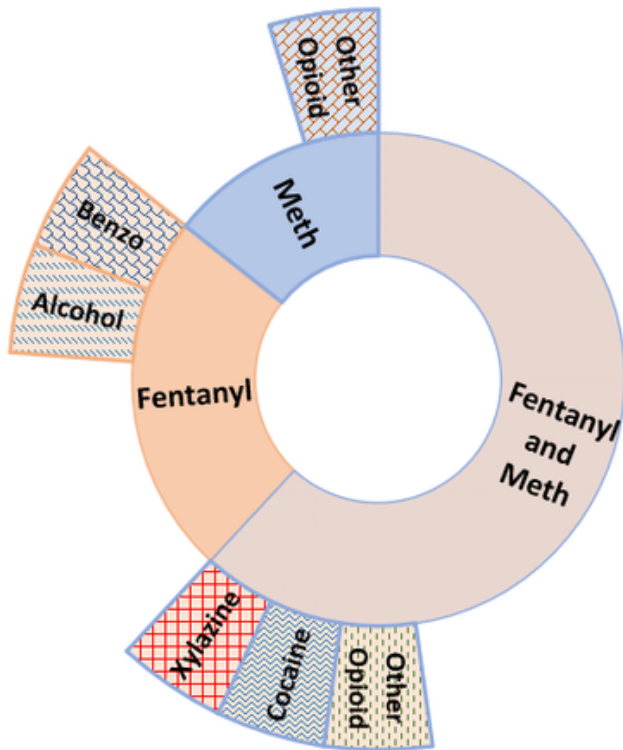


Figure 1: In 2024 there were 21 drug-related fatal overdoses. Of those fatal overdoses:

- Fentanyl was implicated in 18 of them
- Meth was implicated in 16 of them
- 13 of them involved both fentanyl and meth
- 3 of them involved a third substance
- 16 of the 21 fatal overdoses involved more than one substance

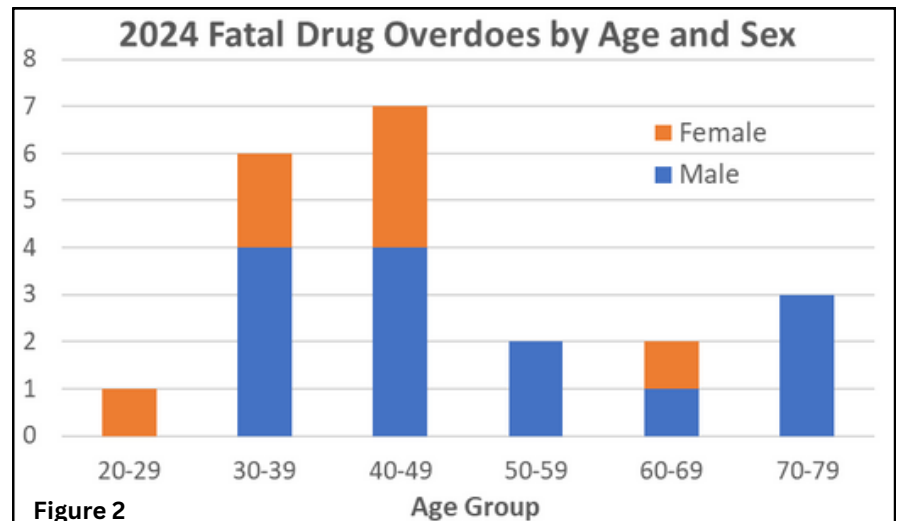


Figure 2

Age Group



In 2024, Tuolumne County Emergency Medical Services administered naloxone over **70** people.

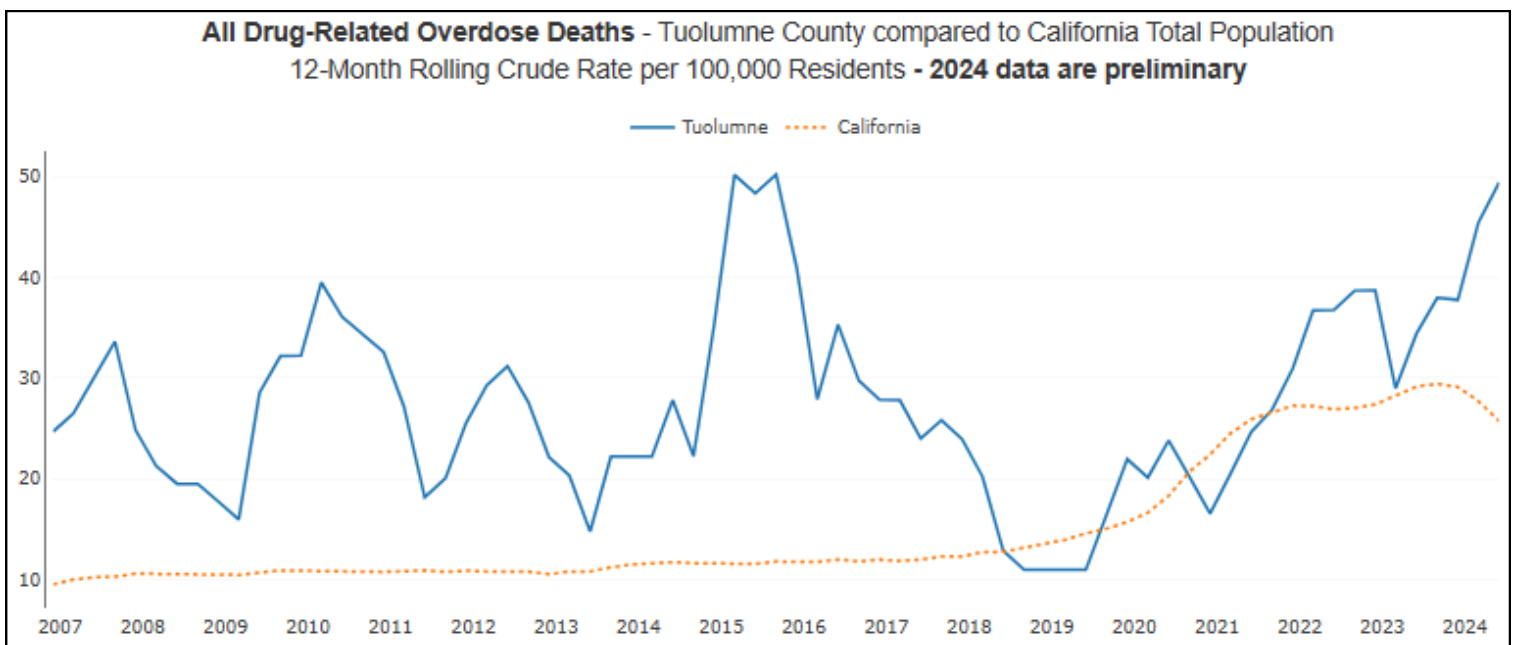


Figure 3

HOW TO USE NARCAN (NALOXONE) NASAL SPRAY

What is Narcan? Narcan (naloxone) is a life-saving medication that can reverse the effects of an opioid overdose. It is safe, easy to use, and works within minutes.



Learn how to administer naloxone by scanning code or visiting:
<https://www.youtube.com/watch?v=nurz9qPGKws>



SIGNS OF AN OPIOID OVERDOSE

- Person is not waking up or responding
- Breathing is slow, irregular, or stopped
- Lips or fingertips are blue or gray
- Gurgling, choking, or snoring sounds
- Pinpoint pupils (very small)

IMPORTANT INFORMATION

- Naloxone won't hurt someone who isn't experiencing an opioid overdose.
- It's safe to use, even on children or pregnant women.
- Always store naloxone at room temperature and check the expiration date.

STEP-BY-STEP INSTRUCTIONS



Step 1: Check for Responsiveness

- Shake the person and shout their name.
- Rub your knuckles on the middle of their chest (sternum) firmly for a few seconds.
- If no response, proceed to the next step.



Step 2: Give naloxone

- Peel back the package to remove the nasal spray.
- Hold the spray with your thumb on the bottom plunger and two fingers on the nozzle.
- Tilt the person's head back and support their neck.
- Insert the tip of the nozzle gently into one nostril.
- Press the plunger firmly to spray the full dose.



Step 3: Call 911

- Say: "Someone is unresponsive and not breathing normally. Possible overdose."
- Stay on the phone with the dispatcher.



Step 4: Wait and Watch

- Naloxone takes 2–3 minutes to work.
- If the person starts to breathe or wake up, roll them on their side (recovery position).
- If they do not respond in 2–3 minutes, give a second dose in the other nostril.



Step 5: Stay Until Help Arrives

- Keep monitoring their breathing.
- Naloxone wears off in 30–90 minutes — the person still needs medical help.

Free naloxone is available at the Public Health Office

