

8

**Eight strangers. One comment thread.**

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# THAT NUMBER STOPPED ME.

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I posted a video about THC and vaping. 100 comments. In that thread, 8 different people said the same thing: I lost someone, and I had no idea what to do.

# 1 IN 3

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Americans personally know someone affected by the opioid crisis. This is not a statistic from a press release. This is the room you are already standing in.

# THE PROBLEM ISN'T AWARENESS.

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People know the opioid crisis exists. The problem is preparedness. Knowing what to do in the 4 minutes before help arrives. That is the gap I spend every video closing.

# WHAT ACTUALLY MATTERS IN THOSE 4 MINUTES:

- 1** Check breathing. Fewer than 8 breaths per minute is an emergency.
- 2** Recovery position: on their side, airway open.
- 3** Narcan, if opioids are possible.
- 4** Stay on with 911.

# NARCAN IS OTC.

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No prescription. Available at every major pharmacy. Covered by most health benefit cards. It does nothing if opioids are not present. It reverses the overdose if they are. There is no reason not to have it.

# THAT NUMBER, 8, IS WHY I DO THIS.

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30 years in the ER at Emory Healthcare. 30M+ views. Clinical truth in the language families actually use. Not wellness content. Not politics. The emergency room perspective, delivered straight.

# FOLLOW FOR MORE.

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Every week I share what 30 years of emergency care actually taught me. The information families need before they need it.

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