

# Naloxone for Opioid Overdose

An opioid overdose can kill. **Naloxone** (Narcan) is a medicine given to reverse an opioid overdose. Opioids have many names, and can include: hydrocodone (Vicodin, Lortab, Norco), oxycodone (Oxycontin, Percocet), tramadol, morphine, methadone, codeine, (Tylenol #3), oxymorphone, fentanyl (Duragesic), buprenorphine (Subutex), heroin, pink

**Naloxone [nal-OX-ohn] can be given by any bystander.**  
If you or someone you care for uses opioids, get naloxone. It could save a life.

## Signs of an opioid overdose



Doesn't respond to their name or to painful touch



No breathing or very slow breathing



Lips or fingernails are blue or purple



Pupils are small


**Not sure if it's an overdose?** Give naloxone anyway. Naloxone is safe for all—including children, pregnant women, and pets.

## What to do now



- Get naloxone.** You can get it at an Intermountain Healthcare pharmacy and some others.
- Read the instructions** so you will know how to give it.
- Share the instructions** with people close to you. Show them where you will keep the naloxone.

## What to do when you think someone is having an overdose

- 1**  **Call 911.** Try to wake the person by yelling, rubbing knuckles on their chest, or pinching them.
- 2** **Do rescue breathing.** The 911 dispatcher will help. *If you can't do this, go to step 3.*
- 3** **Give naloxone.** It can be given as a nose spray or as a shot. Follow the instructions on the package. If the person does not respond in 2 to 3 minutes, give a second dose.



Roll the person on their back



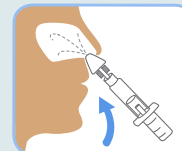
Tilt head back, lift chin and pinch nose



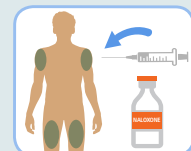
Give 2 quick breaths then 1 slow every 5 seconds



Be sure the chest goes up when you breathe



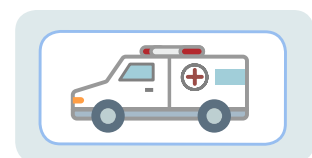
OR



- 4** **Prevent choking.** Roll the person on their side.



- 5** **Don't leave the person.** Stay calm until help arrives.



## What are opioids?

Opioids are powerful medicines that a healthcare provider can prescribe to help manage severe pain. Opioids are also sold illegally on the street. Other names for opioids are **opiates** or **narcotics**.

## How do I prevent an overdose?

### Prevent an overdose in yourself:

- **Only take the smallest amount of medicine needed to control your pain.** If the amount prescribed is not enough, contact your doctor.
- **Never take recreational drugs**, or any prescription medicine that was not prescribed for you. You could have a reaction that could kill you.
- **Ask your healthcare provider or pharmacist** if it's safe to take opioids with your other medicines.

### Prevent an overdose in others:

- **Never share pain medicine** with anyone, even if that person has pain. Sharing opioid medicine is not only dangerous — it's illegal.
- **Lock up your medicine where it's safe.** Don't keep it in places where anyone can find it. Make sure children and pets can't get to it.
- **Take any leftover medicine to a drug collection site**, such as an Intermountain Healthcare Community Pharmacy. You can also find drop-off sites at [useonlyasdirected.org](http://useonlyasdirected.org). Unused pills can tempt others, which can lead to misuse.

**Note:** Naloxone will only reverse an opioid overdose. It will not reverse an overdose of alcohol, meth, cocaine, or anything else.

## Who is at risk for overdose or death?

People most at risk for overdose or death are those who take:

- High doses of opioid medicine
- Methadone, long-acting opioids, opioids for chronic pain management, or take several different opioids on a rotating schedule
- More than one prescription opioid medicine, or mix opioids with alcohol, anti-anxiety medicines, or antidepressants
- More opioids than prescribed or use many different pharmacies to fill their prescriptions
- Opioids for non-medical reasons

Or those who:

- Use heroin or other street drugs
- Have overdosed on opioids before
- Use prescription opioid medicines and:
  - Smoke or have breathing problems
  - Have obstructive sleep apnea
  - Have kidney, heart, or liver disease
  - Do not live close to a hospital
  - Are over 65
  - Have dementia or Alzheimer's disease

## Where can I get help?

If you or someone you know needs help with treatment, addiction, or other local services:

- Call 211, or
- Visit [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

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