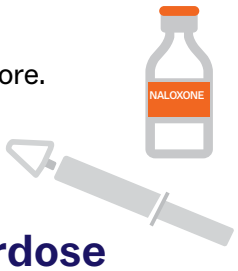
Naloxone for Opioid Overdose

An opioid overdose can kill. Naloxone (Narcan) is a medicine given to reverse an **opioid overdose.**

Opioids have many names, and can include: **hydrocodone** (Lortab, Norco), **oxycodone** (Oxycontin, Percocet), **tramadol, morphine, methadone, codeine** (Tylenol #3), **oxymorphone, fentanyl** (prescribed or street versions), **buprenorphine** (Subutex), **heroin, pink**

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

What to do now



- ☐ **Get naloxone.** You can get it at a community pharmacy. Talk to your pharmacist to learn more.
- ☐ **Read the instructions** so you will know how to give it.
- ☐ **Share the instructions** with people close to you and show them where you keep the naloxone. They can help you or others rescue a person if there is an emergency.

What to do when you think someone is having an overdose

1 Check for signs of an opioid overdose.

Try to wake the person by yelling, rubbing knuckles on their chest, or pinching them. If the person does not respond, call 911.



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

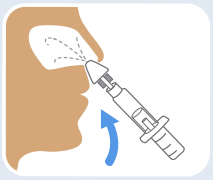
2 Call 911 for help.

An opioid overdose needs immediate medical attention.

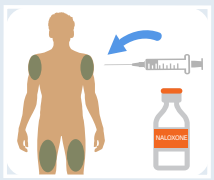


3 Give naloxone.

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.



OR



4 Support the person's breathing.

They may begin breathing normally after receiving naloxone, but this may be temporary. Be prepared to give rescue breathing. The 911 dispatcher will help.



Roll the person on their back



Tilt head back, lift chin and pinch nose



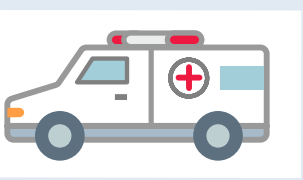
Give 2 slow rescue breaths. Follow up with one breath every 5 seconds.



Be sure the chest goes up when you breathe

5 Check the person's response.

Don't leave them alone, and stay calm until help arrives.



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

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 street 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.
- **Discuss any changes in your health** with your opioid prescriber. Some of these health conditions may increase your risk.

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.
- **Dispose of leftover medicine at a drug collection site.** Unused pills can be dangerous to leave around. You can find drop-off locations at:
  - U.S. Drug Enforcement Agency **https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s1**

  It's best not to flush medications down the toilet as they can contaminate the water supply.

Who is at risk for overdose or death?

Anyone taking an opioid for any reason is at risk of opioid overdose, **even those taking opioids exactly as prescribed.** 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 the United Way at #211, or
- Visit **findtreatment.samhsa.gov**

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

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