



Quick Reference Guide

If there is an incident where your Naloxone had to be used, is lost, or has expired, contact Project DAWN at (740) 353-8863 (ext. 234) and we can instruct you on how to get your refill.

Portsmouth City Health Department • 605 Washington Street, Portsmouth, Ohio 45662 • (740) 353-8863
www.portsmouthhealthdept.org

Naloxone Fast Facts

- Naloxone (also known as Narcan) is a safe medication that can reverse an overdose that is caused by an opioid drug such as prescription pain medication or heroin. It works by neutralizing the opioids in your system and helping you breathe again.
- Naloxone **does not** reverse overdoses that are caused by non-opioid drugs, such as cocaine, benzodiazepines (e.g. Xanax, Klonopin and Valium), methamphetamines, or alcohol.
- If Naloxone is administered to a person who is dependent on opioids, it will produce withdrawal symptoms. Withdrawal, although uncomfortable, is not life-threatening.
- The shelf life of Naloxone is approximately two years. Naloxone should be kept out of direct light, and at room temperature (between 59 and 86 degrees Fahrenheit).

Signs of an Opioid Overdose

A person who is experiencing an overdose may have the following symptoms:

- breathing is slow and shallow (less than 10 breaths per minute) or has stopped;
- vomiting;
- face is pale and clammy;
- blue or grayish lips and fingernails;
- slow, erratic, or no pulse (heartbeat);
- choking or loud snoring noises;
- will not respond to shaking or sternum rub;
- skin may turn gray, blue, or ashen;

Responding to a Suspected Overdose

If a person is exhibiting signs of an opioid overdose, these following life-saving measures should be taken immediately:

1) Check to see if they can respond

- Give them a light shake, yell their name. Any response?
- If you don't get a response, try a STERNUM RUB (rub your knuckles on their chest bone for 10 seconds).

2) Call 9-1-1

You do not need to mention drugs when you call. Provide basic information:

- Give the address and location.
- Say "I have a person who has stopped breathing" or "My friend is unconscious and I cannot wake them up".

Responding to a Suspected Overdose

3) Perform Rescue Breathing

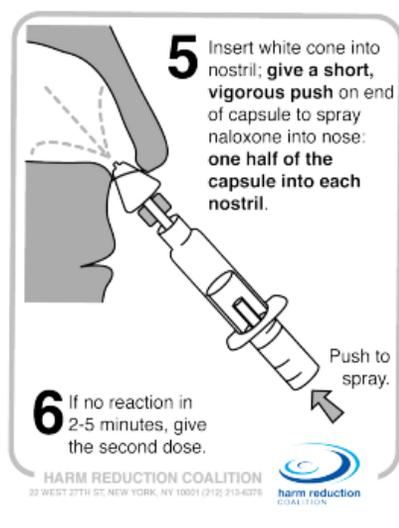
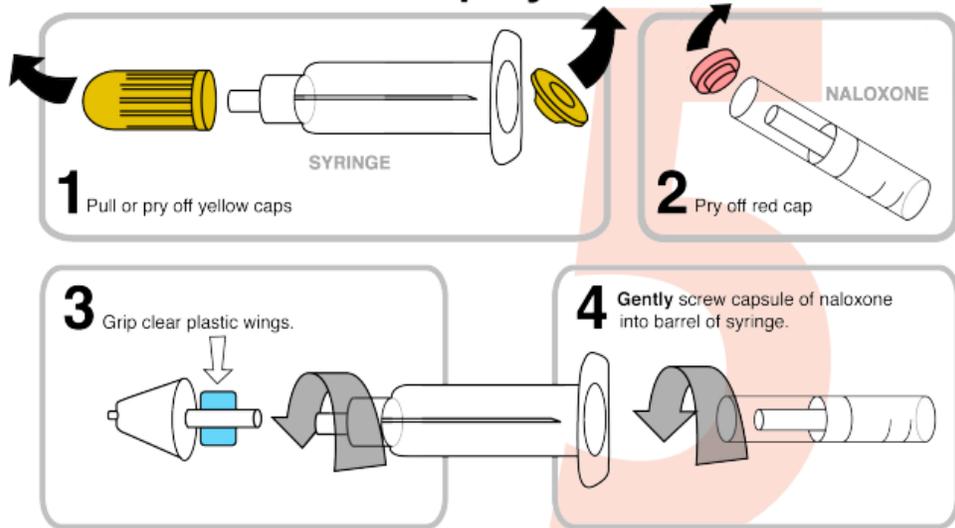
- Make sure nothing is in their mouth.
- Tilt head back, lift chin & pinch nose.
- Start by giving two breaths by mouth making sure the chest rises.
- If the chest does not rise, tilt the head back more and make sure you are plugging their nose.

4) Give Naloxone

- Assemble the nasal spray naloxone **(see diagram next page)**.
- Spray half (1 ml) up one nostril, half up the other.
- Continue rescue breathing, one breath every 5 seconds, while waiting for the Naloxone to take effect.
- Give a second dose of Naloxone if there is no response in 2-5 minutes.

Responding to a Suspected Overdose

How to Give Nasal Spray Naloxone



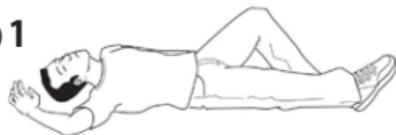
Responding to a Suspected Overdose

5) After Naloxone

- If the victim begins breathing on their own, put them in the recovery position making sure to tilt their head back to keep their airway clear (see diagram).
- Continue to monitor their respirations and perform rescue breathing if respirations are below 10 breaths a minute.
- If vomiting occurs, clear their mouth and nose.
- Stay with them until help arrives. Naloxone may wear off and the victim could start to overdose again.

How to Place Someone in the Recovery Position

Step 1



Step 2



Step 3



What are the risk factors for an overdose?

Mixing Drugs: Many overdoses occur when people mix heroin or prescription opioids with alcohol, benzodiazepines (such as Xanax, Klonopin and Valium), or anti-depressants.

Lowered Tolerance: Tolerance is your body's ability to process a drug and can decrease rapidly when someone has taken a break from using a substance. Taking opioids after a period of not using (illness, jail, hospital, treatment) can increase the risk of a fatal overdose.

Health Problems: Since opioids can impair your ability to breathe, if you have asthma or other breathing problems you are at higher risk for an overdose. Individuals with liver or kidney disease or dysfunction, heart disease or HIV/AIDS are also at an increased risk of an overdose.

What do I do if my Naloxone had to be used, is lost, or has expired?

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Remember: The shelf life of Naloxone is approximately two years. Naloxone should be kept out of direct light, and at room temperature (between 59 and 86 degrees Fahrenheit).

Remember, if you suspect an opioid overdose...



CALL 9-1-1



RESCUE BREATHING



GIVE NALOXONE

**This Naloxone was prescribed to the carrier by a medical professional.
If you have questions or concerns please contact the Portsmouth City
Health Department at (740) 353-8863.**

