

## WHAT ARE OPIOIDS?

Opioids are a class of drugs that attach to opioid receptors in our brain and body to reduce pain, stop cough, and promote feelings of pleasure and relaxation. Taking too many opioids can slow your breathing and your heart rate. This leads to lack of oxygen in your brain, coma, heart stopping, and death. This process can occur in minutes or hours, so time is critical to saving a life.

### Common prescription opioids include:

hydrocodone (Vicodin®, Lortab®, Norco®), methadone, codeine, oxycodone (OxyContin®, Percodan®, Percocet®), morphine, fentanyl (Duragesic®), buprenorphine (Subutex®, Suboxone®)

**Heroin, an illegal drug, is also an opioid.**

## WHAT ARE THE SIGNS OF AN OVERDOSE?

- Blue lips/fingernails (ashen if darker skin)
- Breathing that is infrequent, uneven or has stopped
- Deep snoring or gurgling noises
- Unresponsive to Pain Stimulus
- Clammy Skin
- Pinpoint Pupils

## WHAT IS NALOXONE?

Naloxone (Narcan, @Evzio®) is a drug that temporarily reverses the dangerous effects of an opioid overdose. It helps a person to breathe again and wakes them up. Naloxone can be given every 3-4 minutes, and only works if you have opioids in your body.

A person cannot get high on it or become addicted to it.

**EFFECTIVE ONLY FOR 30-90 MINUTES**

## Opioid Overdose Deaths are Preventable.

If you suspect someone is experiencing an opioid overdose, have your naloxone accessible and take immediate A-C-T-I-O-N

## resources

### OVERDOSE ACTION NALOXONE TRAINING:

[overdoseaction.org](http://overdoseaction.org)  
To find a naloxone training near you.

### PRESCRIBE TO PREVENT

[prescribeprevent.org](http://prescribeprevent.org)  
For prescribers and additional naloxone education materials.

opioid  
overdose &  
naloxone

TAKE A.C.T.I.O.N.  
AND SAVE A LIFE  
[www.overdoseaction.org](http://www.overdoseaction.org)

Funding was provided by University of Michigan, Michigan Institute for Clinical & Health Research ULTR000433

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## WHAT NOT TO DO IN OVERDOSE

- Do not DELAY calling 911
- Do not put the person in a bath or in shower
- Do not give the person anything to drink
- Do not inject the person with anything
- Do not pour water over the person's face or slap too hard
- Do not leave the person till help arrives

## HOW TO PREVENT ACCIDENTAL OVERDOSE

- Do not mix with other drugs especially depressants such as alcohol, benzodiazepines, or anything that makes you sleepy
- Take your medication as prescribed
- Store your medication in safe and secure place out of reach of children or pets
- Teach your family/friends where you store naloxone and how to use it
- Dispose unused medications properly:  
[dontflushdrugs.com](http://dontflushdrugs.com)



# REMEMBER TO TAKE ACTION.



### 1: AROUSE (3"S")

- Shout their name
- Shake shoulders vigorously in attempts to arouse
- Sternal rub



### 2: CHECK FOR SIGNS OF OVERDOSE

- Slowed or no breathing
- Blue/gray lips or fingernails
- deep snoring/ gurgling noises
- Unresponsive to pain



### 3: TELEPHONE 911

- Call 911 and stay with the person until help arrives



### 4: INTRANASAL NALOXONE

- Spray intranasal naloxone into one nostril



### 5: OXYGEN

- Rescue breaths: 1 breath every 5-6 seconds
- CPR if you know how OR follow dispatch instructions



### 6: NALOXONE AGAIN

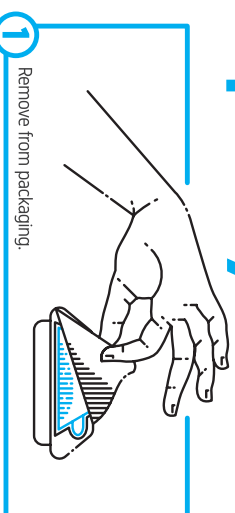
- Repeat naloxone in 3-4 minutes if no response after 1st dose
- Recovery position (side lying), if breathing OK stay with the person till help arrives



## INSTRUCTIONS FOR

# narcan® intranasal spray

Narcan® does not  
require assembly.



- 1 Remove from packaging.



- 2 Tilt the person's head: Place the tip in the person's nostril.



- 3 Push on the plunger to spray and hold for 2-3 seconds.

\*Be careful not to push the plunger until the nozzle is all the way into the nostril.