



Naloxone

Get Ready. Get Trained. Save Lives.

Community Prevention Toolkit



ACKNOWLEDGEMENTS

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WHAT IS AN OVERDOSE?

WHAT IS NALOXONE?

- An overdose happens when a person takes an amount of a drug, or a combination of drugs, that is more than their body can handle.
- As a result, the central nervous system is not able to control basic life functions, like breathing or body temperature, and the person may lose consciousness
- Both people new to taking drugs and people experienced with taking drugs can overdose.
- Naloxone is a medication that can temporarily reverse an opioid overdose.

WHAT ARE OPIOIDS?

- Opioids include, but are not limited to, medications prescribed by doctors to treat pain.
- Opioids might also be taken or used to get high.
- Examples of opioids:
 - Codeine (Tylenol w/ codeine, Vopac, Pyregesic-C)
 - Oxycodone (Dazidox, Oxaydo, OxyCONTIN, Roxicodone)
 - Hydromorphone (Dilaudid, Exalgo, Palladone)
 - Meperidine (Demerol, Meperitab)
 - Methadone (Dolophine)
 - Fentanyl (and analogues)
 - Heroin



OPIOID OVERDOSE SIGNS AND SYMPTOMS



Person Cant
Be Woken Up



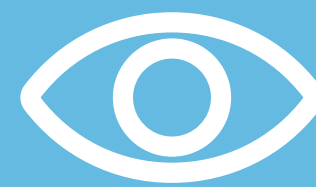
Breathing Has Slowed
Or Has Stopped



Snoring Or
Gurgling Sounds



Lips Turn Blue
Or Purple



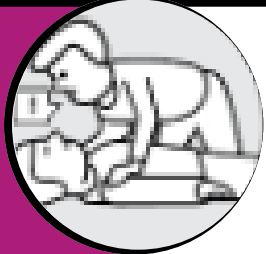
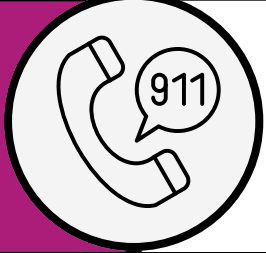



Pupils Are Tiny Or
Eyes Rolled Back



Body Is Limp

RESPONDING TO AN OVERDOSE

5 STEPS TO RESPOND TO AN OPIOID OVERDOSE

STEP 1		SHOUT their name & SHAKE their shoulders
STEP 2		Call 9-1-1 if unresponsive
STEP 3		Give NALOXONE - 1 spray into nostril
STEP 4		Perform RESCUE BREATHING and/or CHEST COMPRESSIONS
STEP 5		Is it working? If NO improvement after 2-3 minutes, repeat steps 3 & 4. Stay with them!

RECOVERY POSITION

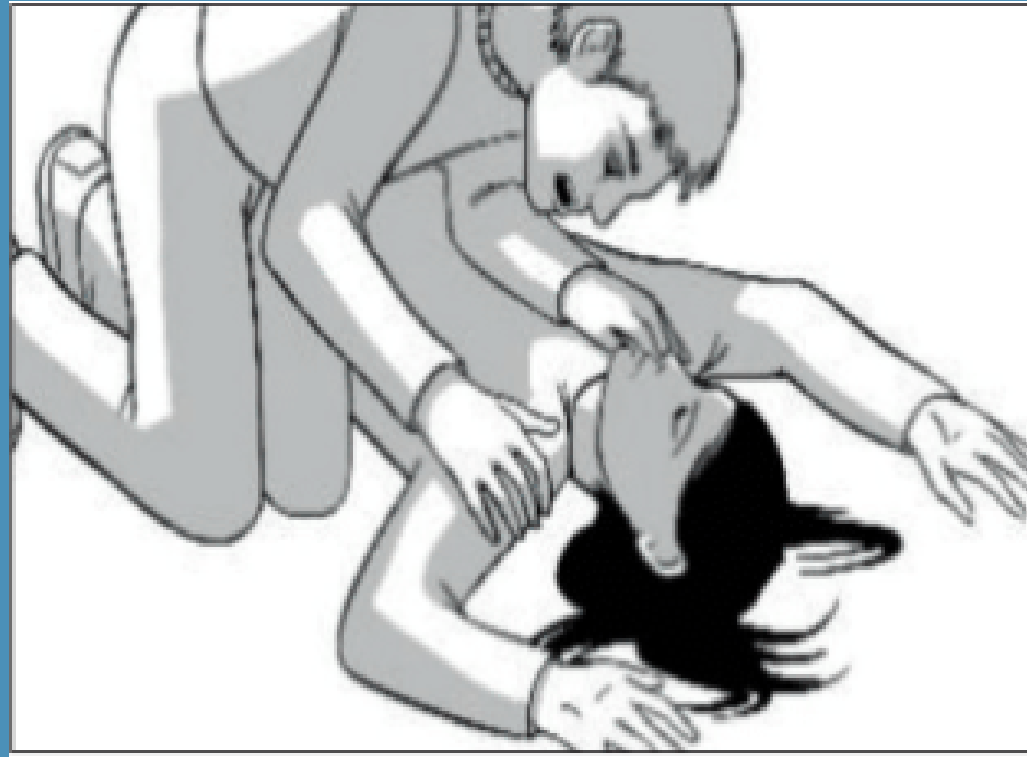
If the person begins breathing on their own, put them in the recovery position.

head should be tilted back slightly to open airway



hand supports head

knee stops body from rolling onto stomach



STEP 1 - SHOUT AND SHAKE

IS THE PERSON RESPONSIVE?
PERHAPS THEY ARE JUST SLEEPING.

Stimulate with NOISE

- Shout their name.
 - Say, "Hey are you ok?"
-

Stimulate with TOUCH

- Tell the person what you are doing before you touch them.
"Hi... I'm just checking that you're OK."
- Shake their shoulders.
- Rub your knuckles hard on their chest bone or under their nose.
- Pinch their ear lobe.

ARE THEY RESPONDING?

- If the person responds to stimuli, keep an eye on them.
 - Do not leave them alone in case the drugs they took have not fully taken effect – they could still overdose.
- If the person does not respond to Step 1, proceed to Step 2, calling 911.



STEP 2 - CALL 911

If the person is unconscious, call 911.

Some dispatchers will ask if you need ambulance, fire or police.

Speak calmly and clearly.

Tell the dispatcher someone is unconscious and not responding.

...continued...



STEP 2 - CALL 911

Listen to the dispatcher's questions rather than trying to tell them what has happened.

Explain exactly where you are and give address, intersection, or landmark

After you call 911, continue **immediately** to Step 3, administering naloxone, while you wait for help to arrive.

Tell the first responders as much as you know about what drugs the person took and what you have done, like administering naloxone.

GOOD SAMARITAN DRUG OVERDOSE ACT

See an overdose? Call 911 immediately.

Under Nevada's Good Samaritan Drug Overdose Act, if you seek medical help for yourself or someone else who has overdosed, neither may be arrested, charged, prosecuted, or convicted, or have his or her property subjected to forfeiture.

See the other side of this card to know exactly when the Good Samaritan law will and won't protect you against charges.

Police may not always know about the law's protections.

If you need legal help, call
1 (800) 323-8666 (toll-free) for Reno Nevada Legal Services
also online at <https://nevadalegalservices.org/>

The law does provide protection against charges for

Possessing drugs for your own use

Violating conditions of your parole, bail, probation, or conditional sentence for a **simple drug possession charge**

The law does not provide protection against charges for

Selling illegal drugs (trafficking): Police may suspect this if you have a large amount of drugs, cash or items like scales, baggies, and debt lists

Offences other than drug possession

Any outstanding arrest warrants

Violating conditions of your parole, bail, probation or conditional sentence for an **offence that is not simple possession.**

Disclaimer: This is legal information - not legal advice. If you need legal advice, please consult a lawyer about your situation.



STEP 3 - GIVE NALOXONE

Naloxone is a non-addictive, non-psychoactive drug that blocks the effects of opioids on the body.

Temporarily reverses the effect of an opioid overdose.

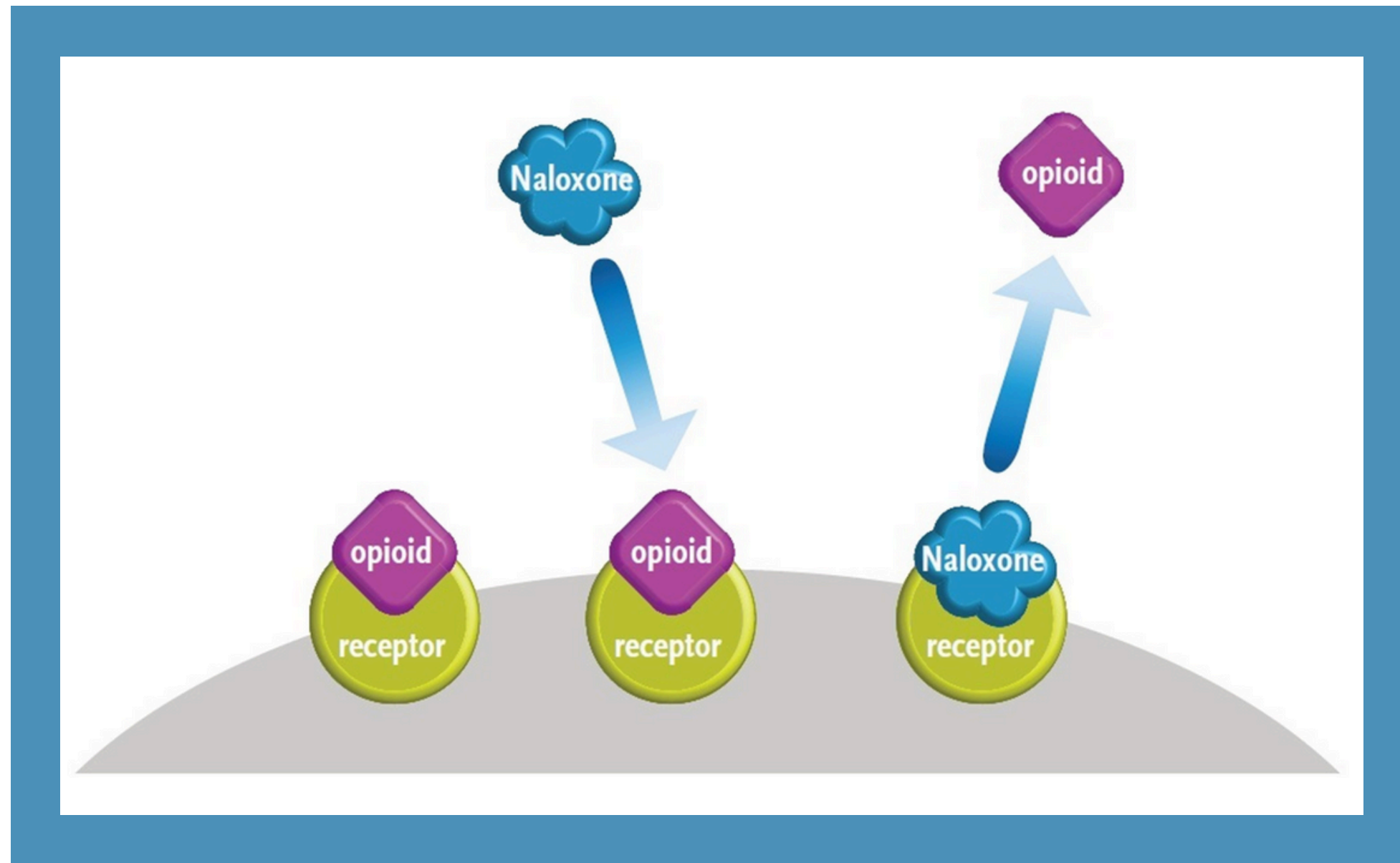
- There is no effect if naloxone is given to a person who has not used opioids
 - If unsure, administer
-

Does not create a "high"

Works quickly (less than 5 minutes)

Wears off quickly (30-45 minutes)

HOW NALOXONE WORKS



The brain's opioid receptors have a higher affinity for naloxone than for opioids. When naloxone is administered, it displaces opioids that are attached to the receptors, reversing opioid overdose.

NASAL SPRAY NALOXONE

- Nasal spray naloxone is also known by the brand name "Narcan."
- Administered into the nostril; does not require breathing to be absorbed across the mucosal lining.



CONTENTS OF NASAL NALOXONE KIT

2 doses of nasal spray naloxone (inside a sealed package)

1 pair of non-latex gloves

1 CPR breathing barrier mask

1 instructional insert

1 community resource guide



HOW TO ADMINISTER NASAL NALOXONE

PEEL



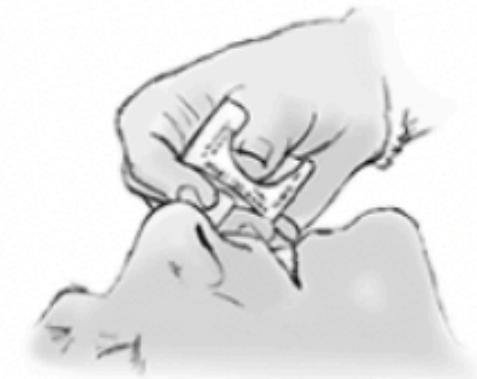
Peel back the package to remove the nasal spray. Hold the device with your thumb on the bottom of the plunger and 2 fingers on the nozzle.

PLACE



Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patients nose.

PRESS



Press the plunger firmly to release the dose into the patients nose.

Source: www.narcan.com, 2022

Do not touch the plunger until the device is in the person's nostril, otherwise, you may accidentally trigger the spray.

HEAVY NOD VERSUS OVERDOSE

- The most significant danger from opioid overdose is that breathing is too slow and the person does not get enough oxygen.
- Sometimes a person may not be overly responsive to shouting and shaking, but their breathing is OK.
- Check to see how well the person is breathing...

HOW TO CHECK FOR BREATHING

- **If the person does not respond to shaking and shouting, check their breathing.**
 - Is their chest and/or stomach rising and falling?
 - Place the back of your hand over their mouth; can you feel their breath?
 - Hold the glass screen of your mobile phone over their mouth; does it fog up?
- **If the person is breathing, put the person in the recovery position and keep monitoring them until they are more alert.**
 - The recovery position will keep their airway clear and open.
 - It will also prevent them from choking if they vomit.

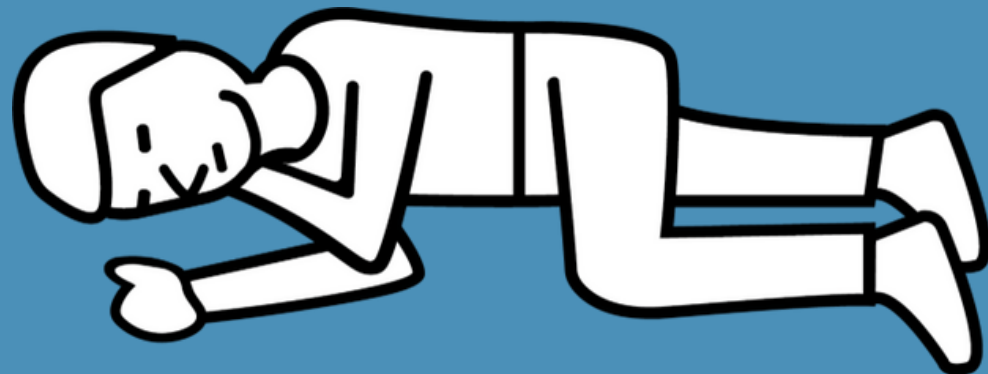
RECOVERY POSITION

First, place the person's arm nearest you at a right angle to their body, with the palm facing upwards

Take their other arm and place it so the back of the hand is against the cheek closest to the ground.

Lift their far knee so that it is at a 90-degree angle, and roll them onto their side.

When you are finished, the top arm should be supporting the head to keep the airway open, and the bent leg should be on the floor to stop them from rolling over too far.





STEP 4 - PERFORM RESCUE BREATHING AND/OR CHEST COMPRESSIONS

Depending on whether or not the person is breathing, and your training and comfort level put the person in the recovery position or perform rescue breathing and/or chest compressions



STEP 5 - IS IT WORKING?

Continue performing rescue breathing and/or chest compressions after administering naloxone, if necessary.

Naloxone usually starts working in 2–3 minutes. After this time, check their breathing again.

If the person is not responding, administer a second dose – Use the other nostril for 2nd spray.

You can keep repeating doses as necessary, if you have access to additional doses.

Continue rescue breathing and/or chest compressions until the person becomes alert or until help arrives.

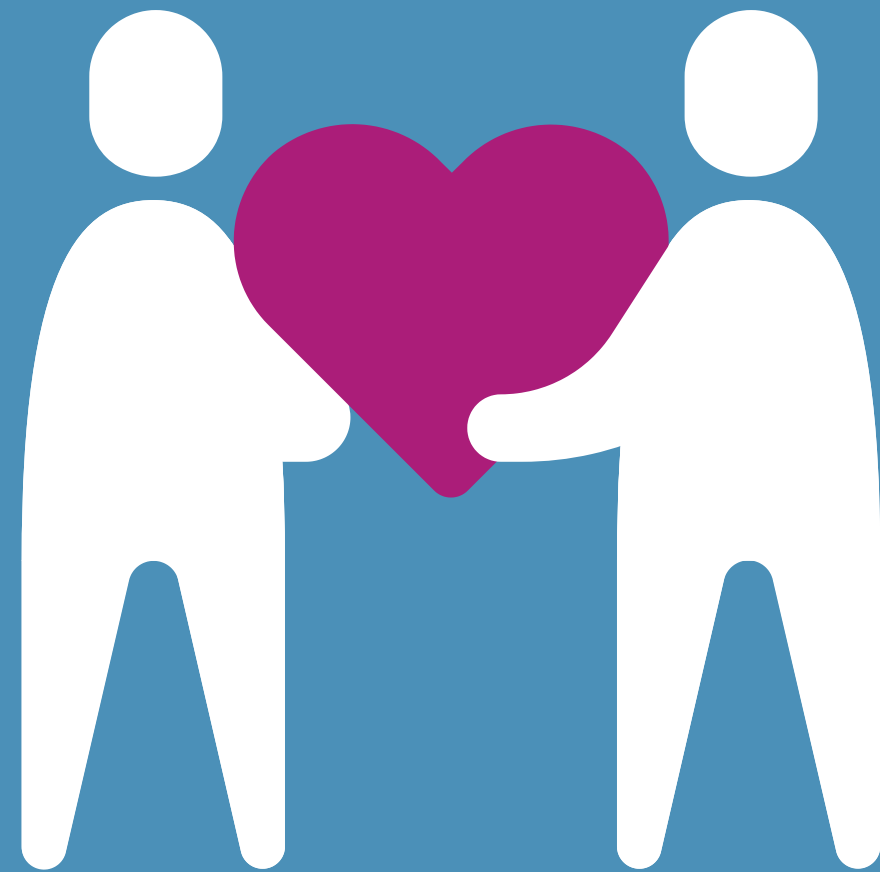
IF NALOXONE IS NOT WORKING

- **Reasons a person may not respond to naloxone**
 - The person is not under the influence of opioids
 - Administering naloxone will not harm them
 - There could be another serious medical issue
 - A higher dose of naloxone is needed
 - Some fentanyl analogues require additional doses of naloxone
- **911 should already have been called regardless**

AFTER AN OVERDOSE

- **When naloxone starts working the individual may:**
 - Wake up suddenly or slowly
 - Experience mild to severe withdrawal symptoms
 - They may feel sick or be sweating; they may also throw up or soil themselves
 - Explain that these symptoms will go away as the naloxone wears off (30–90 minutes)
 - Want to use more drugs
 - Explain that taking more drugs will be a waste as the naloxone will block any more drugs' effects
 - It can also further increase the risk of overdosing again.

CARING FOR SOMEONE AFTER AN OVERDOSE



Provide emotional support and reassurance, and explain what has happened

Monitor and prepare in case they lose consciousness again as the naloxone wears off

- Let them know more naloxone may need to be given if that happens
-

If paramedics were not called, suggest a trip to the hospital for further observation

Check-in with a friend or colleague if you need to debrief afterwards. Self-care is important

OVERDOSE RESPONSE MYTHS

Do Not	Risks
Put the person in a bath/cold water	Person could drown or go into shock
Induce vomiting	Could cause choking
Give them anything (saltwater, milk, etc.) other than naloxone	Will not help and could cause more harm
Slap them too hard	Could cause serious harm
Let them sleep it off!	Person could stop breathing and die

PREVENTING OPIOID OVERDOSE

PREVENTING OPIOID OVERDOSE

- **Reducing the risk of an opioid overdose if using prescription opioids:**
 - Consider locking up your opioids
 - Keep them away from children, youth, and other adults in your home
 - Return unused opioids to a pharmacy. Do not keep them for the future – if you need them, a doctor will prescribe them to you
 - Don't give anyone else your prescription opioids for any reason, or take opioids prescribed to someone else



REMEMBER

Carry your naloxone kit with you at all times

- **Store naloxone at room temperature and away from light**
 - Leave the spray in the container your kit comes in
 - Don't leave it in a car on really hot or really cold days.
-

Check the expiry date on your naloxone regularly!

Encourage other people you know to carry naloxone

Seek support if you have been involved in an overdose

Report using your naloxone kit and get it replaced

LIST OF RESOURCES

Find a Treatment Facility	National Treatment Hotline	Crisis Support Services	Reno ASAP Alcohol and Drug Services
http://findtreatment.gov	1-800-662-4357	988 Text "care" to 839863	620-665-6446
Join Together Northern Nevada	Reno Behavioral Health	Northern Nevada HOPES	The Life Change Center
775-324-7557 505 S. Arlington Ave, Suite 110 Reno, NV 89509 www.jtnn.org	775-393-2200 6940 Sierra Center Pkwy Reno, NV 89511	775-786-4673 580 W. 5th Street Reno, NV 89503	775-355-7734 1755 Sullivan Lane Sparks, NV 89431
Washoe County Human Services	Quest Counseling & Consulting	Vitality	Willow Springs
775-785-8600	775-786-6880 3500 Lakeside Court, Suite 101 Reno, NV 89509	775-322-3668 1135 Terminal Way #208B Reno, NV 89502	1-800-448-9454 Youth Residential Treatment 690 Edison Way Reno, NV 89502