Naloxone for Overdose Prevention

Are they breathing?

- Signs of an overdose:
  - Slow or shallow breathing
  - Gasping for air when sleeping or weird snoring
  - Pale or bluish skin
  - Slow heartbeat, low blood pressure
  - Won't wake up or respond (rub knuckles on sternum)

Call 911 for help

- All you have to say: "Someone is unresponsive and not breathing." Give clear address and location.

Airway

- Make sure nothing is inside the person's mouth.

Rescue breathing

- Oxygen saves lives. Breathe for them.
- One hand on chin, tilt head back, pinch nose closed.
- Make a seal over mouth & breathe in
  1 breath every 5 seconds
- Chest should rise, not stomach

Evaluate

- Are they any better? Can you get naloxone and prepare it quickly enough that they won't go for too long without your breathing assistance?

Prepare naloxone

- Remove cap from naloxone and uncover needle
- Insert needle through rubber plug, with bottle upside down
- Pull back on plunger and take up 1 cc into the syringe
- Don't worry about air bubbles (they aren't dangerous in muscle injections)

Muscular injection

- Inject 1 cc of naloxone into a big muscle (shoulder or thigh)

Evaluate + support

- Continue rescue breathing
- Give another shot of naloxone in 3 minutes if no or minimal breathing or responsiveness
- Naloxone wears off in 30-90 minutes
- Comfort them; withdrawal can be unpleasant
- Get them medical care and help them not use more opiate right away
- Encourage survivors to seek treatment if they feel they have a problem

How to Avoid Overdose

- Only take medicine prescribed to you
- Don't take more than instructed
  - Call a doctor if your pain gets worse
- Never mix pain meds with alcohol
- Avoid sleeping pills when taking pain meds
- Dispose of unused medications
- Store your medicine in a secure place
- Learn how to use naloxone
- Teach your family + friends how to respond to an overdose

For More Info
PrescribeToPrevent.com

Poison Center
1-800-222-1222
(free & anonymous)