



### **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

#### **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 much 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<sup>®</sup>, Lortab<sup>®</sup>, Norco<sup>®</sup>)
- methadone
- codeine
- oxycodone (OxyContin<sup>®</sup>, Percodan<sup>®</sup>, Percocet<sup>®</sup>)
- morphine
- fentanyl (Duragesic<sup>®</sup>)
- buprenorphine (Subutex<sup>®</sup>, Suboxone<sup>®</sup>)
- **Heroin, an illegal drug, is also an opioid.**

#### **What are the signs of an overdose?**

- Blue lips/fingernails (ashen if you are darker hue)
- 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 minutes, and only works if you have opioids in your body.

A person cannot get high on it or become addicted to it. It is effective for **only** about 2 hours.

### **What steps should I take during an opioid overdose?**

Follow these **A.C.T.I.O.N** steps:



#### **A**rouse (3 “S”):

- **S**hout their name
- **S**hake shoulders vigorously in attempts to arouse
- **S**ternal rub



#### **C**heck for signs of overdose:

- Slowed or no breathing
- Blue and gray lips or fingernails
- Deep snoring and gurgling noises
- Unresponsive to pain



## Telephone 911:

- Call 911 and stay with the person until help arrives



## Intranasal Naloxone:

- Spray intranasal Narcan into one nostril



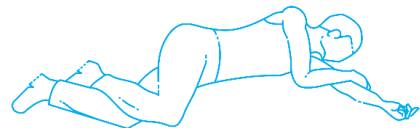
## Oxygen:

- Do rescue breaths: 1 breath every 5-6 seconds
- Start CPR if you know how **or** follow dispatch instructions



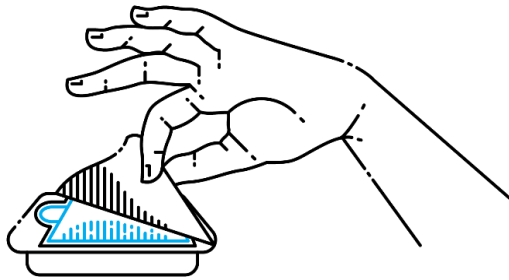
## Naloxone Again:

- Repeat naloxone in 3 minutes if the person does not respond after first dose
- Place the person in recovery position (side lying), **if breathing is okay**
- Stay with the person until help arrives



## Instructions for Narcan® intranasal Spray

(Narcan does not require assembly)



**Step 1:** Remove from packaging



**Step 2:** Place the tip in the person's nostril



**Step 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**

## What **not** to do in an 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 can I prevent an 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 a safe and secure place out of reach of children or pets
- Dispose of unused medications properly:  
<http://www.med.umich.edu/1libr/Pharmacy/MedicationDisposal.pdf>

## Where can I find training resources on giving Naloxone?

- **Overdose Action Naloxone Training:**  
<http://www.overdoseaction.org>  
To schedule a training near you.
- **Whi: Opioid Project**  
<http://www.whiopioidproject.org>  
For residents in Washtenaw County
- **Prescribe To Prevent**  
<http://www.Prescribetoprevent.org>  
For prescribers and additional naloxone materials

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