



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Opioid Overdose (阿片类药物过量)和 Naloxone (纳洛酮)

采取 A.C.T.I.O.N.拯救生命

Opioid Overdose and Naloxone Take A.C.T.I.O.N. and Save a Life (Chinese)

阿片类药物过量死亡是可以预防的。

Opioid overdose deaths are preventable.

如果您怀疑有人正经历阿片类药物过量，请用您的纳洛酮并立即采取 A-C-T-I-O-N 行动

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

什么是阿片类药物? What are opioids?

阿片类药物是一类附着在我们大脑和身体的阿片受体上的药物，以减轻疼痛，止咳，促进愉悦和放松的感觉。服用过多的阿片类药物会减缓您的呼吸和心率。这会导致大脑缺氧，昏迷，心脏停止和死亡。这个过程可以在几分钟或几小时内发生，因此时间对于挽救生命至关重要。

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.

常见的处方阿片类药物包括: Common prescription opioids include:

- hydrocodone 氢可酮 (Vicodin® 维柯丁, Lortab® 洛塔布, Norco® 诺科)
hydrocodone (Vicodin®, Lortab®, Norco®)
- methadone 美沙酮 methadone
- codeine 可待因 codeine
- oxycodone 羟考酮 (OxyContin® 奥施康定, Percodan® 佩尔科丹, Percocet® 波拷赛特) oxycodone (OxyContin®, Percodan®, Percocet®)
- morphine 吗啡 morphine
- fentanyl 芬太尼 (Duragesic® 多瑞吉) fentanyl (Duragesic®)
- buprenorphine 丁丙诺啡 (Subutex® 速百腾, Suboxone® 舒倍生)
buprenorphine (Subutex®, Suboxone®)
- **Heroin 海洛因, 是一种非法药物, 也是一种阿片类药物。**
Heroin, an illegal drug, is also an opioid.

药物过量的迹象是什么? What are the signs of an overdose?

- 蓝色嘴唇/指甲 (如果您肤色较深, 则呈灰色)
Blue lips/fingernails (ashen if you are darker hue)
- 呼吸不频繁、不均匀或已停止
Breathing that is infrequent, uneven or has stopped
- 深沉的打鼾声或咕噜声 Deep snoring or gurgling noises
- 对疼痛刺激无反应 Unresponsive to pain stimulus
- 皮肤黏湿 Clammy skin
- 针尖样瞳孔 Pinpoint pupils

什么是 Naloxone 纳洛酮? What is Naloxone?

Naloxone 纳洛酮 (Narcan, ®Evzio®) 是一种药物, 它能暂时逆转阿片类药物过量造成的危险作用。它帮助人再度呼吸,并唤醒他们。纳洛酮可以每 3 分钟给药一次, 而只有当您的身体里有阿片类药物时才有效。

一个人不会因为用这个药物而变得亢奋, 也不会对它上瘾。

它只有约 2 个小时的效果。

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.

在阿片类药物过量期间我应该采取什么步骤?

What steps should I take during an opioid overdose?

请按照以下 **A.C.T.I.O.N** 步骤操作: Follow these **A.C.T.I.O.N** steps:



Arouse 唤醒 (3 “S”) :

Arouse (3 “S”):

- **Shout** 大叫他们的名字
Shout their name
- **Shake** 用力摇晃肩膀试图唤醒他们
Shake shoulders vigorously in attempts to arouse
- **Sternal rub** 搓揉胸骨 Sternal rub



Check 检查药物过量的迹象：

Check for signs of overdose:

- 呼吸减慢或无呼吸
Slowed or no breathing
- 蓝色和灰色的嘴唇或指甲
Blue and gray lips or fingernails
- 深沉的打鼾声和咕噜声
Deep snoring and gurgling noises
- 对疼痛无反应
Unresponsive to pain



Telephone 打电话给 911: Telephone 911:

- 拨打 911 并留在此人身边，直到救援人员抵达
Call 911 and stay with the person until help arrives



Intranasal Naloxone 鼻内纳洛酮:

Intranasal Naloxone:

- 将鼻内纳尔坎喷入一个鼻孔
Spray intranasal Narcan into one nostril



Oxygen 氧气:

Oxygen:

- 进行人工呼吸：每 5-6 秒呼吸 1 次

Do rescue breaths: 1 breath every 5-6 seconds

- 如果您知道如何作心肺复苏术即可开始进行，**或按照 911 调度员的指示**

Start CPR if you know how **or** follow dispatch instructions

Naloxone Again 再次使用纳洛酮:



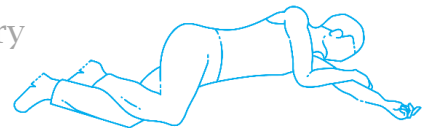
Naloxone Again:

- 如果此人在第一次给药后无反应，则在三分钟后再次给一次纳洛酮

Repeat naloxone in 3 minutes if the person does not respond after first dose

- **如果呼吸没有问题**，将患者置于复苏体位（侧卧）

Place the person in recovery position (side lying) if **breathing is okay**

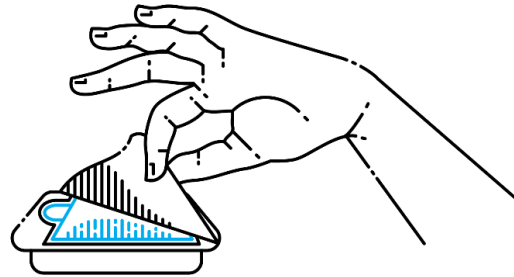


- 陪着此人直到救援人员抵达

Stay with the person until help arrives

Narcan®鼻腔喷雾剂使用说明 Instructions for Narcan® intranasal Spray

(Narcan 不需要组装) (Narcan does not require assembly)



第 1 步：从包装中取出

Step 1: Remove from packaging



第 2 步：将端头放入此人鼻孔中

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



第 3 步：按下柱塞进行喷药，并保持 2-3 秒

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

请注意，在喷嘴没有完全进入鼻孔前，不要推动柱塞

Be Careful not to Push the plunger until the nozzle is all the way into the nostril

药物过量时**不**该做什么？ What **not** to do in an Overdose?

- 不要**延迟**拨打 911

Do not **delay** calling 911

- 不要将此人置于浴缸或给予淋浴

Do not put the person in a bath or in shower

- 不要给此人喝任何东西

- Do not give the person anything to drink

- 不要给此人注射任何东西

Do not inject the person with anything

- 不要将水倒在这个人的脸上，或拍打太用力

Do not pour water over the person's face or slap too hard

- 在救援到达之前不要离开此人

Do not leave the person till help arrives

如何防止意外药物过量？ How can I prevent an accidental overdose?

- 勿与其他药物混合，特别是抑制剂，如酒精、苯二氮平类药物或任何让您困倦的东西

Do not mix with other drugs especially depressants such as alcohol, benzodiazepines, or anything that makes you sleepy

- 按处方服用您的药物

Take your medication as prescribed

- 将您的药物存放在儿童或宠物接触不到的安全地方

Store your medication in a safe and secure place out of reach of children or pets

- 妥善处理未用完的药物：

<http://www.med.umich.edu/1libr/Pharmacy/MedicationDisposal.pdf>

Dispose of unused medications properly:

<http://www.med.umich.edu/1libr/Pharmacy/MedicationDisposal.pdf>

我可以在哪里找到有关给予纳洛酮的培训资源？

Where can I find training resources on giving Naloxone?

- **药物过量纳洛酮行动训练：**

<http://www.overdoseaction.org>

安排在您附近的培训。

Overdose Action Naloxone Training:

<http://www.overdoseaction.org>

To schedule a training near you.

- **Whi:阿片类药物项目**

<http://www.whiopioidproject.org>

适用于沃什特诺郡的居民

Whi: Opioid Project

<http://www.whiopioidproject.org>

For residents in Washtenaw County

- **开处方来预防**

<http://www.Prescribetoprevent.org>

给开处方者和其他纳洛酮资料

Prescribe To Prevent

<http://www.Prescribetoprevent.org>

For prescribers and additional naloxone materials

免责声明：本文件所包含的信息和/或教学材料是由密西根医学部为与您病情类似的典型患者所撰写的。文中的链接可能连接到并非由密西根医学部所创建的网络内容，密西根医学部对此内容不承担责任。本文件不可取代您的医疗保健提供者的医疗咨询，因为您的情况可能和典型患者有所不同。

如果您对此文件、您的病情或治疗方案有任何疑问，请与您的医疗保健提供者商谈。

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

翻译：密西根医学部翻译服务

Translation: Michigan Medicine Interpreter Services

经费是由密西根临床与健康研究所 UL1TR000433，密西根卫生与公众服务部及社区心理卫生密西根东南区合作伙伴提供。

Funding was provided by Michigan Institute for Clinical & Health Research UL1TR000433, Michigan Department of Health and Human Services, and Community Mental Health Partnership of Southeast Michigan.

[密西根医学部](#) 病患教育是由 [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). 授权许可。最后修订日期 05/2017

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution 4.0 International license](#). Last Revised 05/2017