

BE PREPARED!

# NALOXONE (NARCAN<sup>®</sup>) & SIGNS OF AN OPIOID OVERDOSE



STEP-BY-STEP GUIDE ON HOW TO  
DETECT AND REVERSE AN OPIOID  
OVERDOSE

## STEP 1: EVALUATE

- UNCONSCIOUSNESS OR INABILITY TO AWAKEN
- SLOW OR SHALLOW BREATHING
- DIFFICULTIES SUCH AS CHOKING SOUNDS OR A GURGLING/SNORING NOISE
- FINGERNAILS OR LIPS TURNING BLUE/PURPLE
- PINPOINTED PUPILS
- COLD OR CLAMMY SKIN

### STIMULATE THE PERSON:

- CALL THE PERSON'S NAME
- IF THIS DOES NOT WORK, VIGOROUSLY GRIND KNUCKLES INTO STERNUM OR RUB KNUCKLES ON PERSON'S UPPER LIP
- IF PERSON RESPONDS, ASSESS WHETHER HE OR SHE CAN MAINTAIN RESPONSIVENESS AND BREATHING

## STEP 2: CALL 911 FOR HELP, IMMEDIATE MEDICAL ATTENTION

- **ALL YOU HAVE TO SAY IS "SOMEONE IS UNRESPONSIVE AND NOT BREATHING."**
- BE SURE TO GIVE SPECIFIC ADDRESS AND/OR DESCRIPTION OF YOUR LOCATION

## STEP 3: ADMINISTER NALOXONE

- **REMOVE** NALOXONE FROM BOX, **PEEL** BACK TAB WITH THE CIRCLE TO OPEN, **HOLD** WITH YOUR THUMB ON THE BOTTOM OF PLUNGER. GENTLY INSERT TIP OF THE NOZZLE INTO EITHER NOSTRIL, PRESS PLUNGER FIRMLY
- IF PERSON OVERDOSING **DOES NOT RESPOND WITHIN 2 OR 3 MINUTES**, ADMINISTER A SECOND DOSE

## STEP 4: SUPPORT THE PERSON'S BREATHING

- RESCUE BREATHING CAN BE VERY EFFECTIVE IN SUPPORTING RESPIRATION
- CHEST COMPRESSIONS CAN PROVIDE VENTILATORY SUPPORT

## STEP 5: MONITOR THE PERSON'S RESPONSE

- MOST PEOPLE RESPOND BY RETURNING TO SPONTANEOUS BREATHING
- ESSENTIAL TO GET MEDICAL ASSISTANCE EVEN IF THE PERSON REVIVES AFTER THE INITIAL DOSE OF NALOXONE AND SEEMS TO FEEL BETTER
- NALOXONE HAS A RELATIVELY SHORT DURATION OF EFFECT, OVERDOSE SYMPTOMS MAY RETURN

**DON'T LEAVE A PERSON EVEN  
AFTER REVIVAL DUE TO THE SHORT  
DURATION OF EFFECT FROM  
NALOXONE!**

Source: <https://store.samhsa.gov/system/files/sma18-4742>