

RESPONDING TO AN OPIOID OVERDOSE

WITH NALOXONE

Opioid overdose causes the body to stop breathing; this is what causes injury and death. Naloxone (aka Narcan) allows the body to breathe again.

STEP 1: RECOGNIZE AN OVERDOSE

OVERDOSE SIGNS TO LOOK FOR:

- Person not waking up or responding if you talk to or gently shake them
- Slow or no breathing
- Snoring or choking sounds
- Skin is gray, blue, or purple



*If you see any of these signs, do a **Sternum Rub**:*

- Rub your knuckles firmly up and down their sternum
- If they don't wake up from this mild pain they may be experiencing an overdose

STEP 2: CALL 9-1-1

Tell the operator your exact location and that someone is not breathing



STEP 3: GIVE NALOXONE

Naloxone comes in two forms: a nasal spray and an injectable liquid

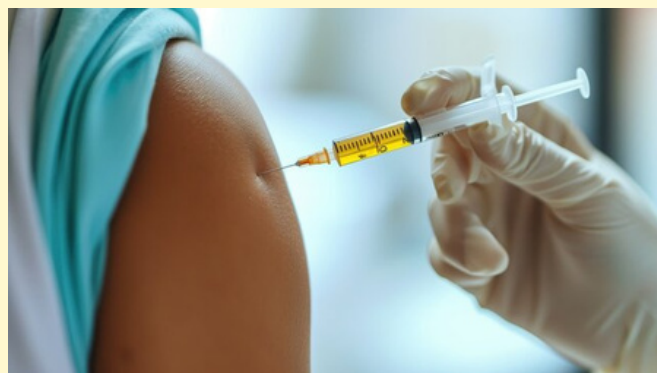
NASAL

- Lay the person on their back and tell them "I'm going to give you naloxone"
- Tilt their head back and place the nozzle completely in their nostril
- Firmly press the plunger all the way in to spray the medication into their nose
- Move on to step 4: RESCUE BREATHS



INJECTABLE

- Lay the person on their back and tell them "I'm going to give you naloxone"
- Remove the cap from the top of the bottle of medication and unwrap the syringe
- Stick the needle through the rubber stopper and draw all of the liquid up into the syringe
- Inject the full amount of liquid into their upper arm, thigh, or butt
- The needle can go through clothes!
- Move on to step 4: RESCUE BREATHS



STEP 4: GIVE RESCUE BREATHS

Naloxone takes a few minutes to work; during this time you will give the person rescue breaths:

- Tilt the person's head back slightly to open their airway
- Pinch their nose closed and make a tight seal between your mouth and theirs
- Give one breath every five seconds



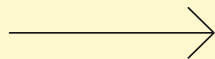
If after three full minutes of rescue breaths they aren't breathing on their own again:

- REPEAT STEP 3: give them another dose of naloxone
- Return to giving rescue breaths until they resume breathing on their own or first responders arrive



STEP 5: STAY WITH THE PERSON

*If the person resumes breathing on their own, or you have to leave them for ANY reason, put them into the **recovery position***



- *If they wake up: calmly explain what happened and that first responders are on their way*
- **DO NOT LEAVE THE PERSON ALONE**
- *Naloxone stops working after 30-90 minutes; leaving someone alone puts them at risk of going back into an overdose*

OVERDOSE PREVENTION


OVERDOSE RISK IS HIGHER IF:

- You have a low tolerance due to:
 - Not using this drug before
 - Not using for a while for any reason (hospitalization, incarceration, etc.)
- There are unknown substances in your drugs like fentanyl or xylazine
 - Fentanyl is a very powerful opioid and is the cause of most overdose deaths
 - Xylazine is a tranquilizer that can cause painful wounds and loss of consciousness
 - BOTH are being cut into the supply of all kinds of drugs like heroin, pressed pills, amphetamines, cocaine, crack, etc.
- You mix different drugs like opioids with benzos (Xanax, Valium, etc.) or alcohol, or mix different opioids like fentanyl and heroin

TIPS FOR SAFER USE

- Never use drugs alone, and always have naloxone on hand
- Have a friend with you or call the Never Use Alone Overdose Prevention Line at 877-696-1996
- Make sure everyone has naloxone and knows where it is and how to use it
- Only use one substance at a time; if mixing use less of both
- Go slow; use a small amount first
- Test your drugs before you use them!
- Fentanyl and Xylazine test strips can tell you if either are present in your drugs

11 NORTH CAROLINIANS DIE OF OVERDOSE EVERY DAY.



We can take care of each other by carrying naloxone and knowing when and how to use it. **Naloxone is a safe and effective life-saving medication that reverses overdoses** caused by opioids like heroin, fentanyl, morphine, oxycodone, etc.

Free safer drug-use supplies like naloxone, drug testing strips, sterile syringes, hygiene supplies, and more are available at Durham County Department of Public Health's:

SAFE SYRINGE PROGRAM

414 East Main Street
Durham NC 27701
1st Floor - Lobby 3
Tue & Thur 9AM-12PM
Wed & Fri 1-4PM

Text (919) 998-8152 for delivery.



Public Health