

HOW TO ADMINISTER NALOXONE



Create a plan of action so everyone knows the steps to follow in case of an emergency overdose situation.

Notify family and friends where you plan to store naloxone so they can easily access the kit in case of an emergency.

WHAT IS NALOXONE?

Naloxone, generally known as Narcan, is an antidote for opioid overdose that reverses the effects of opioids. In an overdose, opioids can cause difficulty breathing, sedation, and death. Naloxone only works if there are opioids present in the body and has no effect on other drugs or alcohol. Naloxone usually takes effect in three to five minutes, and lasts 60 to 90 minutes.

WHAT ARE OPIOIDS?

Opioids include legal medications (often prescribed for pain) and illegal substances, like heroin. When opioids are taken in high doses or abused, they can cause feelings of euphoria, relaxation, drowsiness, and warmth. If the individual takes too many opioids or combines them with other drugs or alcohol, this may cause difficulty breathing, loss of consciousness, cardiac arrest, or even death.

WHO SHOULD TAKE NALOXONE?

Naloxone should be given only to someone experiencing an opioid overdose. Overdose most often occurs when people take a large or increased amount of opioids, mix opioids with alcohol or other drugs, or have had recent changes in tolerance levels. If a person is not responding, not breathing, or struggling to breathe, he or she may be experiencing an overdose. Call 9-1-1 immediately and then follow the steps on the next page.

EXAMPLES OF OPIOIDS

Buprenorphine	Methadone	Tylenol #3	MS Contin
Codeine	Morphine	Duragesic	Oxycontin
Fentanyl patch	Oxycodone	Vicodin, Norco	Percocet
Hydrocodone	Oxymorphone	Dilaudid	Opana
Hydromorphone	Suboxone	Demerol	Heroin
Meperidine	Subutex	Methadose	

PREVENT OVERDOSE

- Only take medication prescribed to you, and take it as directed.
- Don't mix opioids with drugs or alcohol.
- Store your medication in a safe and secure place, and dispose of any unused medication.
- Tolerance for opioids may decrease if use stops. If restarting, start at the lowest dose possible, or you risk increase of overdose.
- Teach your family and friends how to respond to an overdose.



RESPONDING TO AN OVERDOSE

STEP ONE: IDENTIFY AN OPIOID OVERDOSE

When an individual takes too many opioids, the drug may block their ability to breathe, which may lead to coma or death. 1) Shout to see if the victim responds and gently shake their shoulder. 2) Rub your knuckles on their upper lip or up and down the front of their rib cage (sternal rub). 3) If the victim is unresponsive, call 9-1-1.

STEP TWO: CALL 9-1-1

When calling 9-1-1, relay the following information: 1) Individual's breathing has stopped and they are unresponsive. 2) Exact location of the individual. 3) Whether or not naloxone has been given to the individual and if that helped.

STEP THREE: RESCUE BREATHING

Giving oxygen can save a life during an overdose. 1) Place the individual on his or her back. Place one hand on their forehead and the other under their chin. 2) Tilt their chin up gently to open the airway. 3) Check to see if there is anything in their mouth blocking their airway, such as gum, a toothpick, undissolved pills, a syringe cap, a fentanyl patch, etc. If so, remove it. 4) Pinch their nose with one hand and keep chin tilted up with the other hand. Create an airtight mouth-to-mouth seal and give two even, regular-sized breaths. Blow enough air into their lungs to make their chest rise. If the chest does not rise, make sure you pinch their nose and tilt their head back with each breath. 5) Give one breath every five seconds.

STEP FOUR: GIVE NALOXONE

Naloxone is available as an injection and a nasal spray. Store naloxone in an easy-to-reach place in case of emergency. Make sure your friends and family know where it is stored. 1) Follow the instructions on the form you have. 2) While getting ready to give naloxone, make sure you are not waiting too long between rescue breaths. After giving naloxone, continue rescue breathing with one breath every five seconds. If victim is still not responding in three to five minutes, you can give a second dose of naloxone. Continue rescue breathing until emergency responders arrive.

STEP FIVE: STAY UNTIL HELP ARRIVES

It is important to stay with someone after giving naloxone. Naloxone can reverse an overdose, but can also make someone enter withdrawal. After someone is given naloxone, make sure they do not take any more opioids, because they could go back into overdose after the naloxone wears off. They can also go back into overdose if they took a long-acting opioid. In these situations, repeat doses of naloxone may be needed. Naloxone should not be used to replace emergency medical care.

Find an online guide to prevention, treatment, and recovery resources at HelplsHereDE.com.

RESCUE POSITION



If you have to leave someone alone at any time — to call for help or to get naloxone — make sure that they are in the rescue position. Put them on their side, with their top leg and arm crossed over their body. This makes it difficult for them to roll over, and lessens the chances that they will choke on vomit.



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