

# WHAT IS AN OPIOID OVERDOSE?

Opioids can cause bad reactions that make your breathing slow or even stop. This can happen if your body can't handle the opioid that you take.

## TO AVOID AN ACCIDENTAL OPIOID OVERDOSE:

- Use slow and in smaller amounts to start
- Test your drugs for fentanyl if they are not from your pharmacy, since strong opioids like fentanyl have been found in other drugs like heroin, meth, cocaine, ecstasy and street or counterfeit pills, among others
- Have Naloxone/Narcan at all times
- Have a friend nearby
- Try not to mix your opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium) or medicines that make you sleepy
- Be extra careful if you miss or change doses, feel ill or start new medications

## NOW THAT YOU HAVE NALOXONE/NARCAN ...

Tell someone in your life where it is and how to use it.

## COMMON OPIOIDS INCLUDE:

GENERIC	BRAND NAME
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxicodone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, TyCo, Tylenol #3
Fentanyl	Duragesic
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail, Butrans

## CONTACT US

To get free Naloxone/Narcan, fentanyl test strips or to learn more about local efforts to prevent opioid overdoses contact:

**(530) 388-6364** (call or text)  
**(530) 265-1450** (Public Health main)

For help in Spanish contact:  
Grass Valley: Family Resource Center,  
**(530) 273-7077**  
Tahoe/Truckee: Tahoe Forest Health System, **(530) 550-6775**

# OPIOID SAFETY AND HOW TO USE NALOXONE/NARCAN

A GUIDE FOR OUR COMMUNITY



NEVADA COUNTY  
Public Health

# HOW TO IDENTIFY AN OPIOID OVERDOSE:

Look for these common signs:

- The person won't wake up, even if you shake them or say their name
- Pinpoint pupils
- Breathing slows or even stops
- Lips and fingernails turn blue or gray
- Pale and clammy skin

## IN CASE OF OVERDOSE:

- Give Naloxone/Narcan and call 911
- If there is no reaction in 3 minutes, give the second dose
- Do rescue breathing or chest compressions
- After giving Naloxone/Narcan stay with the person for at least 3 hours or until help arrives
- It is safe to give Naloxone/ Narcan if you are not sure it's an opioid-related overdose
- Sometimes a strong opioid like fentanyl is mixed into other drugs like heroin, meth, cocaine, ecstasy and street or counterfeit pills, among others, so Naloxone/Narcan could still help
- If they are having another kind of medical emergency, it is still safe to try Naloxone/Narcan on them

# **NARCAN**<sup>®</sup> (naloxone HCl) **NASAL SPRAY**

## QUICK START GUIDE Opioid Overdose Response Instructions

Use NARCAN Nasal Spray (naloxone hydrochloride) for known or suspected opioid overdose in adults and children.

**Important: For use in the nose only.**

**Do not remove or test the NARCAN Nasal Spray until ready to use.**

### 1 Identify Opioid Overdose and Check for Response

**Ask** person if he or she is okay and shout name.

**Shake** shoulders and firmly rub the middle of their chest.

**Check for signs of opioid overdose:**

- Will not wake up or respond to your voice or touch
- Breathing is very slow, irregular, or has stopped
- Center part of their eye is very small, sometimes called "pinpoint pupils"

**Lay the person on their back to receive a dose of NARCAN Nasal Spray.**



### 2 Give NARCAN Nasal Spray

**Remove** NARCAN Nasal Spray from the box.

Peel back the tab with the circle to open the NARCAN Nasal Spray.



**Hold** the NARCAN nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



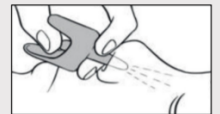
**Gently insert the tip of the nozzle into either nostril.**

- Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into **one nostril**, until your fingers on either side of the nozzle are against the bottom of the person's nose.



**Press the plunger firmly** to give the dose of NARCAN Nasal Spray.

- Remove the NARCAN Nasal Spray from the nostril after giving the dose.

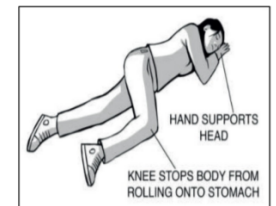


**Get emergency medical help right away.**

**Move the person on their side (recovery position)** after giving NARCAN Nasal Spray.

**Watch the person closely.**

**If the person does not respond** by waking up, to voice or touch, or breathing normally another dose may be given. NARCAN Nasal Spray may be dosed every 2 to 3 minutes, if available.



### 3 Call for emergency medical help, Evaluate, and Support

**Repeat Step 2 using a new NARCAN Nasal Spray to give another dose in the other nostril.** If additional NARCAN Nasal Sprays are available, repeat step 2 every 2 to 3 minutes until the person responds or emergency medical help is received.