

## ADMINISTERING: Narcan

### 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.

## FACTS: Naloxone

- Works on fentanyl.
- May require more than two doses.
- Lasts 30-90 minutes in the body.  
When the naloxone wears off, the overdose could come back.
- Available at most major pharmacies in RI without a prescription.
- Covered by insurance (with co-pay).
- RI's Good Samaritan Law protects from prosecution for administering it.
- Store at room temperature.

## WHAT TO DO: Opiate Overdose

### 1. Call 911

Say that the person is not breathing.

### 2. Administer NALOXONE (NARCAN)

### 3. Give CPR or Rescue Breathing

if they have shallow or no breathing.

### 4. Give 2<sup>nd</sup> dose of NALOXONE after 2-3 minutes

if person has not woken up.

*If you must leave, put them in the Recovery Position.*

## SIGNS: Opiate Overdose

- NOT RESPONSIVE
- BREATHING: Slow or no
- NOISES: Snoring or gurgling
- BLUE, GRAY or ASHEN: Lips, fingernails
- SKIN: Pale/ashen & clammy

### EXAMPLES OF OPIATES:

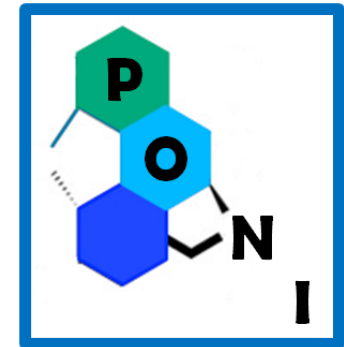
heroin, morphine, fentanyl, oxycodone (Percocet, Oxycontin), hydrocodone (Vicodin), methadone

# Preventing Overdose Deaths

**HOW TO:**  
Prevent, recognize, and respond to an opiate overdose

PONI

Preventing Overdose and Naloxone Intervention



(401) 793 - 4790

www.poniri.org

## RESCUE BREATHING

1. Check for responsiveness.
2. Check for slow or no breathing.
3. Place the person flat on their back.
4. Tilt the head back.

**If you can't hear or feel any breathing, start rescue breathing:**

5. Pinch off the person's nose.
6. Lock your mouth over their mouth.
7. Give 1 breath every 5 seconds.

Repeat this for 2-3 minutes,  
then give 2<sup>nd</sup> dose of naloxone, if needed.

## CPR

1. Check for responsiveness.
2. Check for slow or no breathing.  
**If unresponsive and not breathing, start CPR:**
3. Place hands in center of the chest.
4. Give 30 compressions.
  - 100-120 per minute
  - Push hard & fast, 2 inches down
5. After 30 compressions, give 2 breaths.

Repeat this for 2-3 minutes,  
then give 2<sup>nd</sup> dose of naloxone, if needed.

## RECOVERY POSITION

If the person is unconscious or you must leave, move the person into the recovery position while waiting for help to arrive.

- Helps a person breathe.
- Prevents inhalation of fluid.

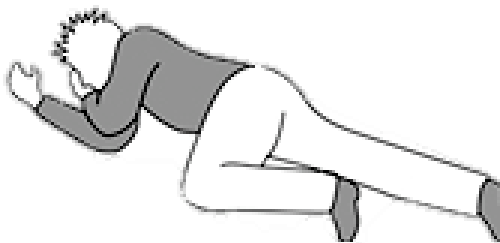
1. **Roll onto side.** Tilt the head up slightly so that the airway is open.
2. Place hand under the cheek and bend knee to **prevent rolling** onto stomach.



RESCUE BREATHING



CPR



RECOVERY POSITION

## OVERDOSE:

### Common Causes & Prevention

#### FENTANYL CONTAMINATION

**ANY DRUG MIGHT CONTAIN FENTANYL**  
Carry naloxone even if not expecting opioids.

**Use fentanyl test strips to test:**

Cocaine, methamphetamine, adderall, percocet, oxycontin, heroin, and other drugs.

#### MIXING DRUGS

**MIXING SIMILAR DRUGS:**

Mixing can fatally slow breathing.

*Example: Fentanyl + benzos; Percocet + alcohol*  
*Taking two doses too close together.*

**MIXING DRUGS WITH OPPOSITE EFFECTS:**

Mixing prevents feeling full effects. Too much could be taken. *Example: Speedballs*

**If mixing opiates with other drugs, use the opiate first and less of each.**

#### LOWERED TOLERANCE

**Drugs may be stronger than used to or different than expecting.**

**TOLERANCE MAY BE LOWER IF:**

Sick, tired, haven't eaten, or have lost weight.

**AT HIGHER RISK IF:**

Coming out of jail, detox, drug treatment.

**Start low, go slow.**

#### USING ALONE

Use with friends or have **people nearby.**

Leave your **door unlocked** so friends or EMS can get in if they need to.

Keep **naloxone** and a **phone** on hand.

Call someone before use & call later to **check in.**

**Be prepared. Have a system where someone can check on you if alone.**