ALL ABOUT NARCAN (NALOXONE)

Naloxone (also known as Narcan®) is a medication called an "opioid antagonist" used to counter the effects of opioid overdose, for example morphine and heroin overdose. Naloxone is used in opioid overdoses to counteract life-threatening depression of the central nervous system and respiratory system, allowing an overdose victim to breathe normally.

Naloxone is a nonscheduled (i.e., non-addictive), prescription medication and has no potential for abuse. Naloxone only works if a person has opioids in their system; the medication has no effect if opioids are absent.

Naloxone can be administered by minimally trained laypeople, which makes it ideal for treating overdose in people who have been prescribed opioid pain medication and in people who use heroin and other opioids.

Naloxone may be injected in the muscle, vein, or under the skin or sprayed into the nose. Naloxone that is injected comes in a lower concentration (0.4mg/1mL) than Naloxone that is sprayed up the nose (2mg/2mL). It is a temporary drug that wears off in 20-90 minutes.

2

RESCUE BREATHING

RESPIRACION DE BOCA A BOCA

3

GIVE NARCAN

ADMINISTRA NARCAN

OVERDOSE

PREVENTION & SURVIVAL GUIDE

CHANGE POINT
HARM REDUCTION CENTER

A program of Northern Nevada HOPES

NORTHERN NEVADA HOPES
your partner in health.

WHEN IS AN OVERDOSE MOST COMMON?

- When your tolerance is down due to not using, whether you took a break, were in treatment, or cut back.
- When you mix drugs, especially downers like heroin, methadone, benzos/pills or alcohol.
- When you get stronger drugs than you're used to, your supply changes, or you go to a new dealer.
- When you're alone and nobody is around to help if you.
- When you've been sick, tired, run down or dehydrated — your body can't handle the drugs as well if it's not healthy and nourished.

HOW DO I RECOGNIZE AN OVERDOSE?

- Blue or grayish lips and fingernails
- Clammy, sweaty skin
- Shallow or raspy breathing, snoring or gurgling sounds
- Won't wake up to yelling name or yelling "I'm going to give you Narcan!"

If your friend is just in a heavy nod, but is still conscious and breathing, make sure to stay with your friend, walk your friend around, and keep your friend talking and moving.

Watch your friend's breathing. Someone can slip into an overdose hours after getting high.

Have your Narcan kit around just in case -- you never know when you'll need it.

WHAT ACTIONS CAN I TAKE?

1. CHECK TO SEE IF YOUR FRIEND CAN RESPOND

- Give your friend a light shake and yell his or her name. Any response? Any breathing?
- If you can't get a response, try a STERNUM RUB (rub your knuckles on chest bone for 10 seconds).

2. CALL 911

You don't need to mention drugs on the call. Stick to the basics:

- Give the address and location
- Say, "My friend is unconscious and I can't wake them up" or "My friend isn't breathing"

3. RESCUE BREATHING

- Make sure nothing is in your friend's mouth
- Tilt head back, lift chin, pinch nose
- Give a breath every 5 seconds

4. GIVE NARCAN

- If you have Nasal Spray Narcan, spray half up one nostril and half up the other.
- If you have Injectable Narcan, inject 1 cc into the muscle of the butt.
- Keep rescue breathing if they haven't started breathing on their own.
- Give second dose of Narcan if there is no response after 3 minutes.

5. AFTER NARCAN

- Remind your friend that Narcan will wear off in 30-45 minutes.
- Stay with your friend until he or she goes to the hopsital or the Narcan wears off to make sure the overdose doesn't come back.

HOW CAN I PREVENT AN OVERDOSE?

- Eat, sleep, & drink water — keeping our bodies healthy help reduce the risk of overdose!
- Be careful if you mix alcohol, benzos/pills, heroin or methadone — any combo of these drugs can cause yo breathing and/or heart to stop working.
- Prepare your own drugs, and know how strong your st and exactly what's in it.
- Have an OD plan with the people you use with. Empow yourself, learn how to do rescue breathing, and get a Narcan kit!
- Always use drugs with a friend, or let someone know you're getting high so they can check on you. Keep do unlocked so help can reach you if you're in trouble.
- Test out a new supply to see how strong it is — inject slowly or do less to start. Talk to others who used from same source.
- Go slow if you're just picking up after a period of not us Do a tester shot and have someone watch you. Remem you can always do more, but you can't do less!

CHANGE POINT HARM REDUCTION CENTER

445 Ralston Street, Reno, NV 89503

775-997-7519 | nnhopes.org

Adapted with permission from:
The Drug Overdose Prevention Education Project

BE A LIFESAVER!

OVERDOSE PREVENTION AND SURVIVAL

DRUG OVERDOSE PREVENTION EDUCATION

the dope PROJECT

The Drug Overdose Prevention and Education Project
is a program of the Harm Reduction Coalition
1440 Broadway, Suite 510
Oakland, CA 94612
510-444-6969
Email: dope@harmreduction.org
www.harmreduction.org

1. CALL 911
1. Llame al 911

2. RESCUE BREATHING
2. Respiración de Boca a Boca

3. GIVE NARCAN
3. Administra Narcan

HOW TO GIVE NASAL SPRAY NARCAN

1 Pull or pry off yellow caps

2 Pry off red cap

3 Grip clear plastic wings.

4 Screw capsule of naloxone into barrel of syringe.

5 Insert white cone into nostril; give a short, vigorous push on end of capsule to spray naloxone into nose: **one half of the capsule into each nostril.**

6 If no reaction in 2-5 minutes, give the second dose.

Push to spray.

Overdose is most common when:

- Your tolerance is down due to not using—whether you took a break, were in treatment, jail or had cut down on your use.
- When you mix drugs, especially a few kinds of downers, like heroin, methadone, benzos/pills and alcohol or any combo of those.
- When you get stronger drugs than you're used to. If the supply changes or you go to a new dealer or you're new in town.
- When you're alone—nobody is around to help if you go out.
- When you've been sick, tired, run down or dehydrated—your body can't handle the drugs as well if it is not healthy and nourished.

How to recognize an overdose:

- Blue or grayish lips and fingernails
- Clammy, sweaty skin
- Shallow or raspy breathing, snoring or gurgling sounds
- Won't wake up to yelling their name, or yelling "I'm going to Narcan you!"

If your friend is just in a heavy nod, but is still conscious and breathing, make sure to stay with them, walk them around, keep them talking and moving. Watch their breathing.

Someone can slip into an overdose hours after they got high!

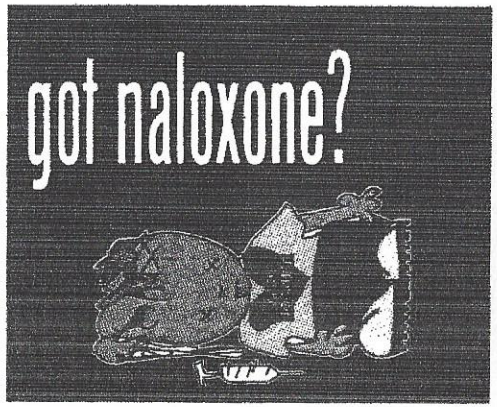
Have your Narcan kit around just in case, you never know when you'll need it.

Actions:

1. **Check to see if they can respond**
   - Give them a light shake, yell their name. Any response? Are they breathing?
   - If you can't get a response, try a STERNUM RUB (rub your knuckles on their chest bone for about 10 seconds).
2. **Call 911**
   - You don't need to mention drugs on the call—stick to the basics:
     - Give the address and location
     - Say "my friend is unconscious and I can't wake them up" or "my friend isn't breathing"
3. **Rescue Breathing**
   - Make sure nothing is in their mouth
   - Tilt head back, lift chin, pinch nose
   - Give a breath every five seconds
4. **Give Narcan**
   - If you have the Nasal Spray Narcan, spray half up one nostril, half up the other.
   - If you have the Injectable Narcan, inject 1cc into the muscle of the upper arm, upper thigh, or upper/outer quarter of the butt.
   - Keep rescue breathing if they haven't started breathing on their own.
   - Give second dose of Narcan if there is no response after about 3 minutes.
5. **After Narcan**
   - Remind the person that Narcan will wear off in about 30-45 minutes.
   - Stay with them until they go to the hospital or the Narcan wears off to make sure the overdose doesn't come back.

Preventing Overdose

- Eat, sleep, drink water—keeping our bodies healthy can help reduce the risk of overdose!
- Be careful if you mix alcohol, benzos/pills, heroin or methadone—any combo of these drugs can cause your breathing and heart to stop working.
- Prepare your own drugs, know how strong your shot is and exactly what's in it.
- Have an OD plan with the people you use with. Empower yourself, learn how to do rescue breathing and get a Narcan kit!
- Always use with a friend or let someone know you're getting high so they can check on you. Keep doors unlocked so help can reach you if you're in trouble.
- Test out a new supply to see how strong it is—inject slowly or do less to start. Talk to others who copped from the same source.
- Go slow if you're just picking up after a period of not using, do a tester shot and have someone with you. Remember...you can always do more, but you can't do less!



a Sobredosis es más común cuando:

- Tu tolerancia esta baja. Si dejas de usar heroína o metadona durante un tiempo, estuviste en la cárcel o en un programa de desintoxicación tu tolerancia baja y tu cuerpo no puede tolerar la cantidad que antes toleraba.
- Cuando mezclas drogas, especialmente la mezcla de heroína con otros depresivos como alcohol o clonopina.
- Cuando usas solo y no hay nadie que se ocupe de ti, al perder el conocimiento.

eñales de advertencia de una obredosis de Heroína:

- El ruido y el dolor no despiertan a la persona. Trata de despertarla gritándole su nombre o la palabra "Narcan", sacúdela por los hombros, apriétale la punta de los dedos o frótale los nudillos sobre el esternón.
- Labios y uñas azules o pálidas.
- Lento (menos de un respiro de cada cinco segundos) o respiración superficial.
- Sonidos como de ahogo.
- Vómitos.

i la persona esta consciente, pero o puede hablar, intenta mantenerla espierta.

MÁS INFORMACIÓN

Prevención de Sobredosis
Llame gratis al teléfono:
1-866-786-7637

Tratamiento de Drogadicción en California
Llame gratis al teléfono:
1-800-879-2772 o
1-800-662-4357

Tratamiento y Prueba para el VIH
en California
Llame gratis al teléfono:
1-800-367-2437
TDD 1-888-225-2437

D.O.P.E. PROJECT

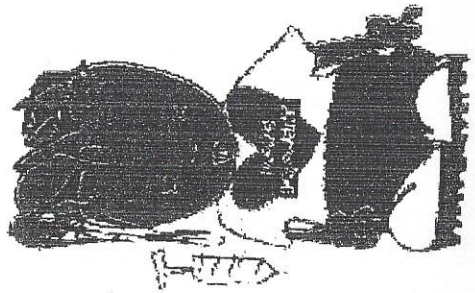
Proyecto sobre la prevención y educación sobre la sobredosis es un programa de la Coalición para la Reducción de Daño.

1440 Broadway, Suite 510
Oakland, CA 94612
510-444-6969 x 16
dope@harmreduction.org
www.harmreduction.org

OPIATO: SOBREDOSIS, PREVENCIÓN Y SOBRE VIVENCIA

¿tienes naloxone?

got naloxone?



MIENTRAS ALGUIEN SUFRE UNA SOBREDOSIS... ACUERDATE DE LO SIGUIENTE:

Estimulación

Intenta despertarle llamando su nombre, grita "Narcan", (conmociónale), pellizca sus dedos, o frota su esternón con tus nudillos.

Llama al 911

Si no responde al ruido o dolor, llama al 911. Si tienes que dejar la persona sola, mientras haces la llamada, ponla en posición de recuperación.*

Da una dirección o ubicación.

Explica que "La persona esta inconsciente y sin respiración."

No tienes que decir que drogas estan involucradas hasta que llegue la ambulancia.

Respiración

- Asegurate que no tenga un bloqueo en la vía respiratoria, luego observa el pecho y pon tu mejilla sobre su nariz y boca para sentir su respiración.

Respiración Artificial

- Si no esta respirando por lo menos un respiro cada cinco segundos, inclina la cabeza hacia atrás, apriétale la nariz cerrada, y sopla lentamente en su boca una vez cada cinco segundos hasta que lleguen los paramédicos. Vigila que su pecho sube y baja con cada respiro.

Evaluar

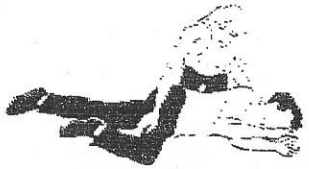
- ¿Esta mejor?
- ¿Tienes acceso a naloxone, (Narcan) y puedes prepararlo rápido para que no este sin respiración artificial por demasiado tiempo?

Inyección Muscular

- Prepara el naloxone e inyéctalo directamente a un músculo (ante brazo, nalga, o muslo).
- Sigue con las respiraciones artificiales hasta que el naloxone funcione o lleguen los paramédicos.

Evaluar y Apoyar

- ¿Puede respirar sin ayuda?
- Si la primera inyección no funciona después de 4 minutos, dale una segunda dosis de naloxone.
- Los efectos de naloxone pasan después de 30-90 minutos.
- Consuela a la persona - el/ella estará sintiendo los síntomas de retraimiento. Intenta no dejarle usar más opiato hasta que el nalaxone deje de funcionar.

***Posición de Recuperación**

Si tienes que irte, dale a la persona respiración artificial hasta que escuches las sirenas de la ambulancia. Entonces, coloca la persona de lado, con sus manos debajo de su cabeza. De esta manera si vomita, no se ahogará con su propio vomito.