

## You may be at increased risk of opioid overdose:

- if you are sick or have lost weight
- if you mix drugs
- if you use alone
- if you drink alcohol heavily or smoke

## To reduce the risk of overdose:

- Always use with a friend or around other people, never alone
- Try to buy from the same dealer. If you can't, talk to others who have bought from that dealer, and test the strength of the drug before you do the whole amount
- Avoid mixing drugs, especially opioids or other drugs with alcohol
- Take prescriptions only as directed
- Develop an overdose plan with friends or partners

**Now that you have Narcan®**  
**Tell someone where it is**  
**and how to use it**

Scan the QR code to watch  
the How To Use Naloxone  
educational video:



## Common opioids

### PRESCRIPTION DRUGS

Generic	Brand Name
Buprenorphine	Suboxone, Subutex, Zubsolv, Butrans
Codeine	Tylenol with Codeine, Tylenol #3
Fentanyl	Duragesic
Hydrocodone	Vicodin, Lortab, Norco
Hydromorphone	Dilaudid
Oxycodone	Percocet, OxyContin, Roxicodone, Xtampza ER
Meperidine	Demerol
Methadone	Dolophine, Methadose
Morphine	MSContin
Oxymorphone	Opana

### ILLICIT DRUGS

Fentanyl, carfentanil, and related chemicals

Heroin

*Other illicit drugs may be tainted with opioids, even if they look like prescription drugs or you are told they are something else.*



**KENTUCKY OPIOID  
RESPONSE EFFORT**



**Kentucky Public Health**  
Prevent. Promote. Protect.

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# Opioid Overdose Recognition and Response

 **NARCAN®** (naloxone HCl)  
**NASAL SPRAY 4mg**



**A GUIDE FOR CONCERNED  
COMMUNITY BYSTANDERS**

**Kentucky Opioid Response Effort**

## Is it an overdose?

### Look for these signs:

- Struggling to breathe or not breathing
- Pinpoint pupils
- Not responding
- Blue/gray lips, nails
- Skin pale, clammy
- Choking, snoring, gurgling sounds



## How to give Narcan®:



### Peel



### Place

*Caution: do not activate (press) device until inserted into the nostril and you are ready to administer as all of the medication will be lost*



### Press

## Narcan® Storage & Handling:

- Store Narcan® at room temperature between 59°F to 77°F (or for *short* periods of time between 39°F to 104°F)
- Do not freeze Narcan®
- Keep Narcan® in its box until ready to use and protect from light
- Replace Narcan® before the expiration date on the box

## What do I do?

**Don't panic!** Try to wake the person by yelling their name and rubbing the middle of their chest with knuckles (sternal rub)

1. **Call 911!**
2. **Lay person on their back / begin rescue breathing** if breathing is stopped or very slow
3. **Peel back the tab** with the circle to open and remove Narcan® from box.
4. Hold Narcan® with your thumb on bottom of plunger and your first and middle fingers on either side of nozzle
5. Tilt person's head back; provide support under neck with your hand. **Gently insert tip of nozzle into one nostril** until your fingers on either side of nozzle are against the bottom of person's nose
6. **Press plunger firmly** to give dose of Narcan®
7. Remove sprayer from nostril after giving dose
8. Continue rescue breathing if slow / no breathing
9. **IF AFTER 2-3** minutes person is still unresponsive with slow/no breathing repeat steps 3-8 above
10. **Roll person on side\*** if breathing on own; continue to monitor breathing; begin rescue breathing again if required. **STAY with person until EMS arrives!**

**\*Putting someone in the recovery position will keep their airway clear and open, and ensures that any vomit or fluid won't cause them to choke.**



## How to perform rescue breathing

### Follow these steps for rescue breathing:

1. Place person on their back.
2. Tilt their chin up to open the airway.
3. Check to see if there is any object in their mouth blocking airway, such as gum, toothpick, undissolved pills, syringe cap, cheeked fentanyl patch (these things have ALL been found in the mouths of overdosing people!). If so, remove object.
4. Use a breathing shield/barrier if you have one. Plug their nose with one hand and give two even, regular-sized breaths. Blow enough air into their lungs to make their chest rise. (*Note: the stomach/abdomen should NOT rise.*) If you don't see their chest rise out of the corner of your eye, tilt the head back more and make sure you're plugging their nose.
5. Breathe again. Give one breath every 5 seconds.

## Precautions you can take

If possible, follow these safety measures when administering Narcan®:

1. Call 911
2. Wear gloves and a face covering
3. Wash hands or use hand sanitizer before and after administration
4. Cough or sneeze into arm