

You may be at increased risk of opioid overdose:

- If you are sick or have acute or chronic medical problems
- If you mix drugs or use alone
- If you have recently experienced opioid withdrawal
- 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 naloxone

**Tell someone where it is
and how to use it!**

For locations to purchase naloxone visit:

<http://HealTogetherKy.org>

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.

**NIH
HEAL
INITIATIVE**

**HEALing Communities Study
Kentucky**

Opioid Overdose Recognition and Response



**A GUIDE FOR CONCERNED
COMMUNITY BYSTANDERS**

HEALing Communities Study — Kentucky

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 naloxone:

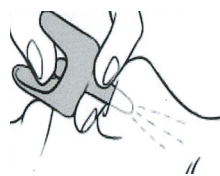


Peel



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

Naloxone Storage & Handling:

- Store naloxone at room temperature between 59°F to 77°F (or for *short* periods of time between 39°F to 104°F)
- Do not freeze naloxone
- Keep naloxone in its box until ready to use and protect from light
- Replace naloxone 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 naloxone from box.
4. Hold naloxone 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 naloxone
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 naloxone:

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