

Overview

Opioids:

- Include prescription painkillers and heroin
- Can cause a person's breathing to slow or stop (overdose)

Naloxone:

- Is a safe medication that can reverse an opioid overdose
- Has no effects on alcohol or other drugs
- Takes **two to five** minutes to start working
- May require more than one dose
- Effects last **30 to 90** minutes
- May cause withdrawal (e.g., chills, nausea, vomiting, agitation, muscle aches) until the naloxone wears off

Examples of prescription painkillers:

Generic	Brand Name
Hydrocodone	Vicodin®, Lorcet®, Lortab®, Norco®, Zohydro®
Oxycodone	Percocet®, OxyContin®, Roxicodone®, Percodan®
Morphine	MS Contin®, Kadian®, Embeda®, Avinza®
Codeine	Tylenol® with Codeine (Tylenol® #3, Tylenol® #4)
Fentanyl	Duragesic®
Hydromorphone	Dilaudid®
Oxymorphone	Opana®
Meperidine	Demerol®
Methadone	Dolophine®, Methadose®
Buprenorphine	Suboxone®, Subutex®, Zubsolv®, Bunavail®, Butrans®

Heroin is also an opioid

All opioids put people at risk of overdose.

Avoid Opioid Overdose

- Be careful if you take a break or miss doses. This can lower your tolerance (how much of a drug your body can handle).
- Avoid mixing opioids with other medications or drugs, especially benzodiazepines (e.g., Xanax®, Valium®), alcohol or cocaine.
- Avoid taking opioids when alone. Having someone nearby to help is important if there is an emergency.
- Be careful taking more opioids than usual. You never know how your body will react.

Important: Tell others where your naloxone is stored and how to use it

Resources

Learn about **local programs** offering training and naloxone **free of charge**: visit www.health.ny.gov/overdose/

Learn about **treatment options**: call the OASAS HOPEline at 877-8-HOPENY (877-846-7369), text HOPENY to 467369 or visit www.oasas.ny.gov/accesshelp/

Learn about **overdose prevention**: visit nyc.gov/health and search for "Prevent Overdose"

Overdose Response Steps

1. Call 911

Follow dispatcher instructions.

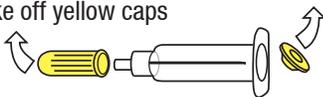
2. Give naloxone if you have it

If no response in **three** minutes, give a second dose. Stay with the person; discourage him or her from taking more opioids.

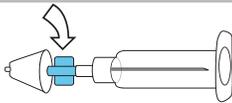
If you don't know what the person has taken, give naloxone.

Nasal spray naloxone

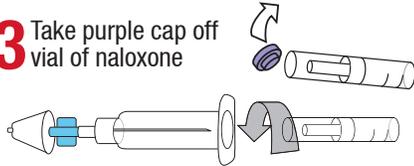
1 Take off yellow caps



2 Screw on white cone



3 Take purple cap off vial of naloxone



4 Gently screw vial of naloxone into barrel of syringe



5 Tilt head back; insert white cone into nostril; **give a short, strong push** on end of vial to spray naloxone into nose: **ONE HALF OF THE VIAL INTO EACH NOSTRIL**

Push to spray

6 If no response in three minutes, give second dose

Injectable naloxone

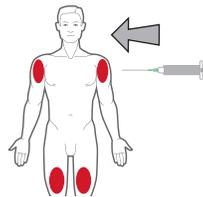
1 Remove caps from naloxone vial and needle



2 Insert needle through rubber plug with vial upside down; pull back on plunger and take up entire contents



3 Inject whole vial into upper arm or thigh muscle



4 If no response in three minutes, give second dose

Auto-injector

The naloxone auto-injector has voice instructions for injecting naloxone into the outer thigh, through clothing if needed. There is also a training device for practice included with each kit.

Signs of Overdose

- Unresponsive
Try to wake the person by vigorously rubbing your knuckles up and down the front of his or her rib cage
- Breathing slows or stops
- Lips and/or fingernails turn blue, pale or gray

Rescue Breathing

- Tilt the person's head back
- Pinch his or her nose
- Give **two** quick breaths into the mouth
- Continue with **one** breath every **five** seconds until the person starts breathing

When to Get a Refill

- One or more doses are used
- Naloxone is lost or damaged
- Naloxone expires or is near the expiration date

When requesting a refill, tell your pharmacist if the naloxone was used.

Store naloxone at room temperature, out of direct light.

3. If the person isn't breathing, do rescue breathing or CPR, if you know how

4. If still unresponsive, lay the person on his or her side to prevent choking

Stay with the person until help arrives.

Note: The New York State 911 Good Samaritan Law provides substantial protection to anyone calling 911 to save a life, even if drugs are present.