What are opioids?
Opioids are generally used to treat pain and include both prescription painkillers and heroin.

What is an opioid emergency or overdose?
Opioids can cause a person’s breathing to slow or even stop—this is considered an overdose. All opioids put people at risk.

What is naloxone?
Naloxone temporarily blocks the effects of opioids, and can reverse overdose. Naloxone only works if opioids are in the body and has no effects on alcohol or other drugs. It takes 2-5 minutes to start working, and may require more than one dose. The effects of naloxone last for between 30-90 minutes.

Naloxone may cause an opioid dependent person to go into withdrawal (e.g. nausea, vomiting, agitation, muscle aches). These symptoms will go away as the naloxone wears off.

Signs of an opioid emergency or overdose:
• A person is unresponsive and won’t wake up even if you shake them or say their name loudly
  Try to wake the person by vigorously rubbing knuckles up and down the front of their rib cage (sternal rub)
• Breathing slows or even stops
• Lips and/or fingernails turn blue, pale or gray

IN CASE OF OVERDOSE:

1. Call 911
   Follow dispatcher instructions.

2. Give naloxone.
   See reverse for instructions. If no reaction in 3 minutes, give second dose.

3. After naloxone
   Stay with the person for 3 hours (as long as you can) or until help arrives. Make sure the person does not take more opioids even if they don’t feel well. If the person is still unresponsive, lay them on their side, wait for help.

4. If you know how, do rescue breathing and/or CPR
   See reverse for instructions or follow 911 dispatcher instructions.

Opioids include:

<table>
<thead>
<tr>
<th>GENERIC</th>
<th>BRAND NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hydrocodone</td>
<td>Vicodin, Lorcet, Lortab, Norco, Zohydro</td>
</tr>
<tr>
<td>Oxycodone</td>
<td>Percocet, OxyContin, Roxicodone, Percodan</td>
</tr>
<tr>
<td>Morphine</td>
<td>MSContin, Kadian, Embeda, Avinza</td>
</tr>
<tr>
<td>Codeine</td>
<td>Tylenol with Codeine, TyCo, Tylenol #3</td>
</tr>
<tr>
<td>Fentanyl</td>
<td>Duragesic</td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>Dilaudid</td>
</tr>
<tr>
<td>Oxymorphone</td>
<td>Opana</td>
</tr>
<tr>
<td>Meperidine</td>
<td>Demerol</td>
</tr>
<tr>
<td>Methadone</td>
<td>Dolophine, Methadose</td>
</tr>
<tr>
<td>Buprenorphine</td>
<td>Suboxone, Subutex, Zubsov, Bunavail, Butrans</td>
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</tbody>
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Heroin

It is important to share this information with family and friends. Create a plan of action so others are prepared to respond in case of emergency. Tell people where your naloxone is so it is easily accessible in case of emergency.
Administering 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. Insert white cone into nostril; give a short, strong push on end of vial to spray naloxone into nose: ONE HALF OF VIAL INTO EACH NOSTRIL. Push to spray.
6. If no reaction in 3 minutes, give 2nd dose.

**Injectable naloxone**

1. Remove cap from naloxone vial and uncover the 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 reaction in 3 minutes, give 2nd dose.

**Auto-injector**

The naloxone auto-injector is FDA approved for use by anyone in the community. It contains a speaker that provides instructions to inject naloxone into the outer thigh, through clothing if needed.

**REduce Risk**

Certain factors can increase risk of opioid emergency or overdose:
- **Changes in tolerance** *(how much of the drug your body can handle)*
  Resuming opioid use after a period of abstinence and changing medicines can increase risk.
- **Mixing other drugs or medications** —such as alcohol, benzodiazepines (e.g. Xanax® or Valium®), or cocaine—with opioids can increase risk of overdose.
- **Taking opioids by yourself** increases the chance that if anything happens, you will not get help.

**Resuscitation**

- If you are trained in CPR you may do this.
- If you only know rescue breathing or chest compressions do one of those.
- Follow the instructions of the 911 dispatcher.

**When to get a refill:**

Please get a refill if:
- One of more doses of naloxone are used.
- Naloxone or any piece of the applicator is lost or damaged.
- Naloxone is nearing expiration date or is expired.

If possible, store naloxone at room temperature, away from direct light.