

Use Naloxone for a Drug Overdose

You should give naloxone to anyone who has taken drugs and may be overdosing. Someone who is overdosing may stop breathing or their breathing may be slow and labored. Act fast! An overdose is life threatening.

Naloxone is a safe medicine. Give naloxone even if you do not know what kind of drug a person took. It only reverses overdoses in people with opioids in their systems.

1. Check for a response

- Try to wake them up. Shake them and shout their name.
- Rub your knuckles hard on the center of their chest.
- Hold your ear close to their nose, listen and feel for signs of breathing.
- Look at their eyes, lips and fingernails – small “pinpoint pupils” and pale, blue or gray color are signs of overdose.

2. Call 9-1-1

- Tell the operator your exact location.
- Say you are with a person who is not breathing.
- Tell the operator you are going to give the person naloxone.
- Follow any instructions you get from the operator.

3. Give naloxone

- Follow the “How to Use” instructions on the right.

4. Start rescue breathing

- Someone who has overdosed needs oxygen. Naloxone may take a few minutes to start working. Check again if they are breathing.
- If you can't hear them breathe or their breath sounds are shallow, provide rescue breaths. (See other side of this sheet.)
- Follow instructions of 9-1-1 operator until help arrives.

5. Give a second dose of naloxone

- Wait about 3 minutes for naloxone to take effect. If the person has not responded after 3 minutes, give a second dose.

6. Post care for overdose

- Stay with the person until help arrives. Remember, the Good Samaritan Law offers protections when you call 9-1-1 for an overdose.
- If the person starts breathing on their own, but they do not wake up, roll them to their side to a recovery position. (See the other side of this sheet.)
- When the person wakes up, they may not remember what happened. They may be scared, nervous or restless. Keep them calm until help arrives.

MISSOURI'S GOOD SAMARITAN LAW

Provides some protection when calling 9-1-1 to save a life – even if drugs are at the scene.

(RSMO 195.205)

SIGNS OF AN OPIOID OVERDOSE

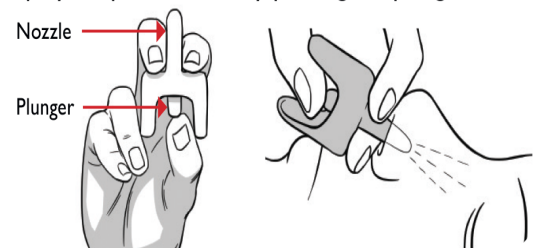
- Unresponsive
- Slow or shallow breathing
- Small “pinpoint pupils”
- Vomiting
- Cold, clammy skin
- Gurgling/snoring
- Blue or gray lips and nails

HOW TO USE

Nasal spray

DO NOT test the device. Each device works only once. You may need both devices.

This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.



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BE PREPARED

Learn basic first aid skill from a trained instructor before you are in an emergency situation. If you are with a person who is unconscious and may be overdosing, you will need to perform these steps in order:

Check breathing.

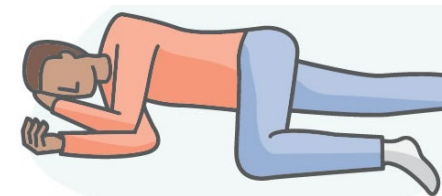


Give rescue breaths.



1. Lay the person flat on their back.
2. Gently tilt their head.
3. Give 2 quick breaths into their mouth. The chest (not stomach) should rise.
4. Give 1 slow breath every 5 seconds until they start breathing or wake up.

Roll to a recovery position.



If the person starts to breathe, but they do not wake up, roll them on their side to a recovery position.



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Be Informed: Opioids and Naloxone

What are opioids?

Opioids including drugs like prescription painkillers, heroin and fentanyl. These drugs can cause a person's breathing to slow or stop. When breathing stops or is too slow to support life, this is an overdose.

What are the risks of an opioid overdose?

An overdose can happen to anyone who takes opioids. A person is more likely to overdose if they:

- Take opioids with other drugs or alcohol.
- Take opioids that are not prescribed to them, or they take more than prescribe.
- Stop taking opioids for a while, then start taking them again.
- Have heart or lung disease.

How does naloxone work?

Naloxone reverses an opioid overdose by blocking the opioid receptors in the brain. This is a temporary effect and can last between 30 and 90 minutes. After giving some naloxone, it may take a few minutes to work. If a first dose of naloxone does not work after about 3 minutes, give a second dose.

Is naloxone safe?

Yes, naloxone is a safe medication that works to reverse an opioid overdose. Use naloxone even if you're not sure what kind of drugs someone took.

How and where do I store naloxone?

Store naloxone at room temperature, out of direct light. Keep it in a place where anyone who might witness an overdose can get to it quickly and easily.

Make sure everyone knows where the naloxone is stored.

When do I need to get a refill?

You will need a refill of naloxone if:

- You use one or both of the doses.
- The naloxone is lost or damaged.
- The naloxone is expired, or near its expiration date.

Where can I get more information?

For more information about common types of opioids, opioid overdoses, how to use naloxone, and where to get naloxone in Missouri, go to:

<https://dmh.mo.gov/opioid-crisis-response>

More information from the National Institute on Drug Abuse can be found at:

<https://nida.nih.gov/publications/drugfacts/naloxone>

Some content from this publication is adapted from MO-HOPE Project and Washington State Department of Health. Naloxone nasal spray illustrations are adapted from Family Health Centers of San Diego.