

How to Use Naloxone for an Opioid Overdose

KNOW THE SIGNS

- Person is passed out and you cannot wake them up.
- Breathing very slow, making gurgling sounds, or not breathing at all.
- Lips are a blue or grayish color.



CHECK FOR A RESPONSE

- Shake them and shout to wake them up.
- If no response, grind your knuckles into their chest bone for 5- 10 seconds.
- If the person still does not respond, call 911.



How to Administer Naloxone

TAKE THE SPRAY OUT OF THE BOX

Peel back the tab with the circle to open the Naloxone Nasal Spray.

IMPORTANT: Do not remove Naloxone until ready to use and do NOT test the device.

HOLD THE SPRAY CORRECTLY



Hold the Naloxone Nasal Spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.

TILT THE PERSON'S HEAD BACK

Tilt the person's head back and provide support under the neck with your hand.

INSERT THE NOZZLE INTO THE PERSON'S NOSE

- Gently insert the tip of the nozzle into one nostril until your fingers on either side of the nozzle are against the bottom of the person's nose.
- Press the plunger firmly to give the dose. Remove the spray from the nostril after giving the dose.

WAIT AND WATCH FOR 2 MINUTES

- Wait and watch the person closely.
- If the person does not respond in 2- mins, repeat the steps and give the second dose of Naloxone Nasal Spray in box.

PLACE THE PERSON IN THE RECOVERY POSITION



- Call 911 right away, if you have not done so already.
- Roll the person on their side and place them in the 'recovery position'.

If the person is not breathing, do rescue breathing (or CPR if you know it). →

Rescue Breathing Steps



Tilt the head back, lift the chin, and pinch the nose.



Start with two breaths into the mouth. Continue with one breath every 5 seconds.

The person's chest should rise and fall with each breath; if not, check to make sure the head is tilted back and the mouth is clear.



Keep doing rescue breathing until the person breathes on their own or until medical help arrives.

Caring for Someone after you give them Naloxone

- When the person wakes up, explain what happened. Tell them not to take any more drugs because that could cause another overdose.
- Naloxone wears off in 30 to 90 minutes. Stay with the person until they go to the hospital, or until the naloxone wears off, to make sure they do not overdose again.
- If you do not seek medical care, stay with the person for at least 3 hours and watch for signs of returning overdose. Call 911 if the person is not OK when they wake up.
- When the ambulance arrives, tell them that naloxone has been given.
- If you need to leave, turn the person on their side (recovery position) to prevent them from choking.
- Go back to the program that trained you or to a pharmacy, tell them you used the kit and get more naloxone.

Resources

SAMSHA
Call or Text 988
www.samsha.gov

Southeast Kansas Mental Health Center
(866) 973-2241
sekmhc.org

SEK Recovery Resources
(620) 380-6008
SEKrecovery.org

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