

To reduce the risk of overdose:

- Take prescription opioids only as directed
- Do not mix opioids with other drugs or alcohol
- Make sure healthcare providers know everything you're taking, including prescription and over-the-counter medicines, vitamins, herbal supplements, alcohol, illegal drugs (e.g., heroin), and medications not prescribed to you

You may be at increased risk of opioid overdose:

- if you have not taken opioids for a period of time (reduced tolerance)
- if you have health problems such as asthma, breathing problems, liver or kidney problems, or are HIV-positive
- if you have experienced a previous overdose

Now that you have NARCAN®

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 include:

| GENERIC | BRAND NAME |
|---------------|---|
| Hydrocodone | Vicodin, Lorcet, Lortab, Norco, Zohydro |
| Oxycodone | Percocet, OxyContin, Roxicodone, Percodan |
| Morphine | MSContin, Kadian, Embeda, Avinza |
| Codeine | Tylenol with Codeine, TyCo, Tylenol #3 |
| Fentanyl | Duragesic |
| Hydromorphone | Dilaudid |
| Oxymorphone | Opana |
| Meperidine | Demerol |
| Methadone | Dolophine, Methadose |
| Buprenorphine | Suboxone, Subutex, Zubsolv, Bunavail, Butrans |

Heroin and carfentanil are also opioids

NIH
HEAL
INITIATIVE

HEALing Communities Study
Kentucky

Opioid Overdose Recognition and Response Guide



A GUIDE FOR PATIENTS,
CAREGIVERS AND
LOVED ONES

HEALing Communities Study — Kentucky

Is it an overdose?

Look for these signs:

- Struggling to breathe or not breathing
- Pinpoint pupils
- Blue/gray lips, nails
- Skin pale, clammy
- Extreme sleepiness / inability to awaken verbally or by sternal rub



How to give NARCAN®:



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

NARCAN® Storage & Handling:

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

NARCAN® Now
Mobile App Now Available



Important information in your hands

Access training and safety information in an easy-to-use app