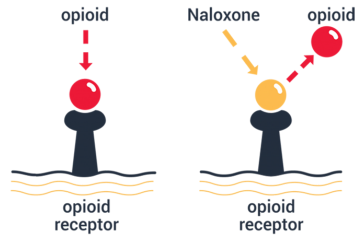


# How to Use Narcan

Narcan is a brand of nasal Naloxone which is a medication that reverses opioid overdoses.

## How does Naloxone Work?

- opioid antagonist
- attaches to opioid receptors
- reverses and blocks the effects of other opioids



<https://www.overdosehelpline.org/about-naloxone/>

## What are Opioids?

- Heroin
- Fentanyl
- oxycodone (OxyContin®)
- hydrocodone (Vicodin®)
- Codeine
- Morphine

## How to Recognize an Opioid Overdose

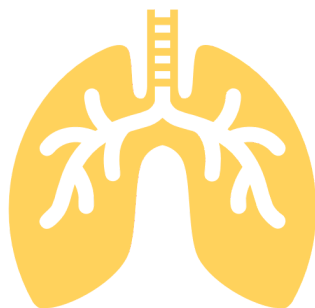
- Unconsciousness
- Very small pupils
- Slow or shallow breathing
- Choking sounds, snore-like gurgling noise
- Vomiting
- An inability to speak
- Faint heartbeat
- Limp arms and legs
- Pale skin
- Purple(light skin)/grey (dark skin) lips and fingernails

## Check for Responsiveness

- Call the name of the person loudly
- Do a knuckle rub on their sternum if they don't respond
- Put your ear next to their mouth to listen/feel for breathing
- Look to see if their chest is rising and falling



**If they are not responding call 911, then start rescue breathing.**



- Clear airways
  - Tilt head back and chin up
  - Close their nose
  - Cover their mouth with yours
- Give one normal breath every five seconds for 30

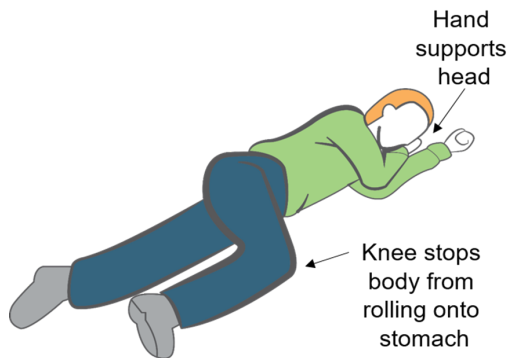
# Administer Narcan (Nasal)



- Open package
- Tilt their head back
- Support the back of their neck with your hand
- Hold Narcan between index and middle finger with your thumb on the plunger
- Insert the nozzle into one nostril until your fingers are touching their nose
- Press plunger firmly to give dose
- Alternate nostrils when giving multiple doses

## After Giving First Dose

- Continue rescue breathing
- Give them 1 breath every 5 seconds for 3 minutes
- If they are not breathing for themselves by then administer another dose
- Continue this process until the person is breathing for themselves, or until the paramedics arrive and take over



## Rescue Position

- Put them on their side
- Bend their top knee in front of them
- Bend their bottom arm up and put their top arm under their face

## Important Things to Know

Naloxone will wear off in 30 minutes to an hour. A person could go back into overdose.

When a person is given Naloxone they go immediately from very high to withdrawal.

Don't let them use again. This could cause them to go back into overdose. They should start to feel better as the Naloxone wears off.