

Things to do in **RECOGNIZING**
and **RESPONDING**
to an
OPIOID/HEROIN
OVERDOSE
using
NARCAN[®]
NASAL SPRAY



STIMULATION

Can they be awakened? Try a sternal rub (run knuckles on chest bone).



CALL FOR HELP

Call for help if the person is not responsive.



AIRWAY

Check for breathing and make sure nothing is inside the person's mouth.



RESCUE BREATHING

Breathe air for them. Two breaths initially, then one breath every five seconds.



EVALUATE

Are they any better? Can you get Narcan® Nasal Spray and administer it quickly so they don't go too long without your breathing assistance?

ADMINISTER NARCAN®



1) Remove NARCAN® Nasal Spray from the box. Peel back the tab with the circle to open.



2) Hold the spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



3) Gently insert tip of nozzle into either nostril. Tilt head back; provide support under neck with your hand. Insert tip into one nostril until your fingers on either side of the nozzle are against the bottom of the person's nose.



4) Press the plunger firmly to give the dose of NARCAN®. Remove the spray from the nostril after giving the dose.

NARCAN® is a medication designed to reverse opioid/heroin overdose. It can very quickly restore normal breathing to a person whose breathing has slowed or stopped as a result of overdosing with heroin or prescription opioid pain medications.

Opioid OD Symptoms: not breathing, gurgling noises, tiny pupils, blue lips or nails, cold skin, unresponsive

Common Opioids: heroin (H), oxycodone (oxy), vicodin (vikes), norco, fentanyl, codeine, hydrocodone, methadone (fizzies)

T O N I
TEXAS OVERDOSE NALOXONE INITIATIVE

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