

Using Naloxone Nasal Spray to Reverse an Opioid Overdose:

— 6 Steps —

1 Know the signs of overdose

- Person is unconscious and cannot be woken
- Person is not breathing or breathing very slowly with little to no chest movements or long pauses between breaths
- Snoring or gurgling sounds
- Lips or inside of mouth are blue or grayish in color

2 Check for response

- Shake person and shout "Are you ok?"
- Grind knuckles into chest bone
- Check for breathing



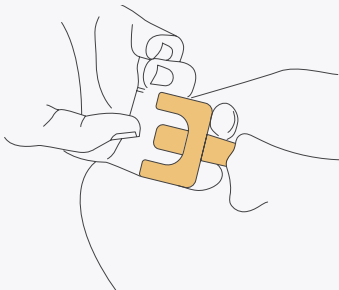
3 Call 911

- Dial 911 and set phone to speaker while you move on to step #4
- Tell 911 operator that someone is not breathing



4 Give one dose of naloxone

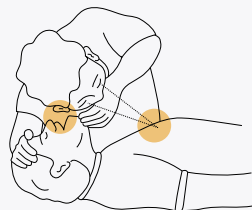
- Place tip of nasal spray in nostril until fingers touch the bottom of the nose
- Press plunger firmly to give dose
- Check for breathing



5 Start rescue breathing

If person has not started breathing on their own, it is CRITICAL to start breathing for them.

- Check airway, tilt forehead back, lift chin, pinch nose and give normal breath every 5 seconds for 30 seconds
- Recheck breathing and restart cycle if the person is still not breathing
- If not breathing after 3 minutes, give a 2nd dose of naloxone



6 Put in recovery position and wait for first responders

- Roll the person over slightly onto their side, bend the top knee and place outside hand under their head
- When responders arrive, tell them that naloxone has been given

