

# How to use naloxone nasal spray

## to reverse an opioid overdose

### Naloxone is a safe medicine.

Even if naloxone is given to someone who is not experiencing an overdose, it will not harm them.

### You are protected.

Oregon law protects anyone who gives naloxone in a good faith effort to reverse an opioid overdose.

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## 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

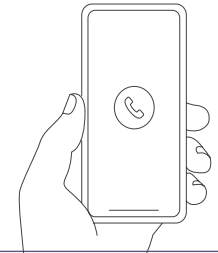
## 2 Check for response

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



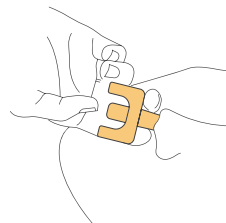
## 3 Call 911

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



## 4 Give one dose of naloxone

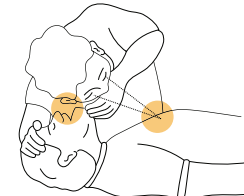
- Place tip of nasal spray in nostril until fingers touch the bottom of the nose
- Press plunger firmly to give dose
- Check for breathing



## 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

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

