

How to use naloxone nasal spray

to reverse an opioid overdose

Naloxone is safe and easy to use

Naloxone quickly reverses an opioid overdose and can restore breathing if used in time. It will not harm someone if they do not have opioids in their system. Naloxone nasal spray is available over the counter in Oregon, and anyone can carry and use it.

You are protected when you help

Oregon law protects people who give naloxone in good faith to reverse an opioid overdose. Oregon's Good Samaritan law also provides legal protections to the person who calls 911 and the person experiencing the overdose for certain drug-related offenses.

Witnessing a possible overdose?

Don't wait. Call 911 and give naloxone.

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Just in Case
Oregon

Save Lives
OREGON

STEP ONE

Know the signs of overdose

Does the person look unconscious?

Are they barely breathing or not at all?

Do you hear snoring or gurgling?

Are their lips or the inside of their mouth blue or grayish in color?

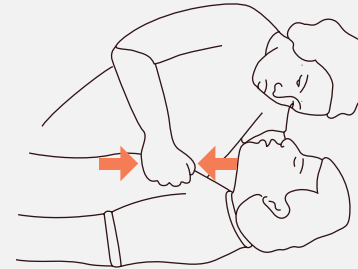
STEP TWO

Check for response

Ask loudly, "Are you OK?"

Tap their foot or shoulder.

If no response, rub knuckles on the center of their chest. Check for breathing.



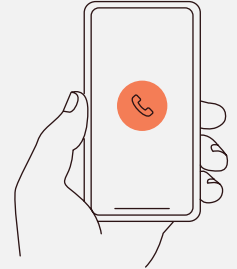
STEP THREE

Call 911

Call 911 right away

Put the phone on speaker and move to Step 4

Tell the operator someone is not breathing

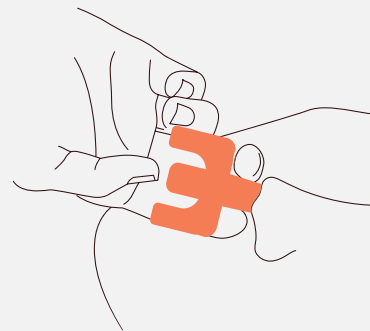


STEP FOUR

Give one dose of naloxone

Place the nasal spray into either nostril until your fingers touch the bottom of their nose.

Press the plunger firmly to give one dose. Recheck breathing.



STEP FIVE

Start rescue breathing

If the person is not breathing:

Tilt their head back, lift chin and pinch their nose closed.

Give one normal breath every 5 seconds. After 12 breaths, pause to recheck their breathing.

If they still aren't breathing, repeat the cycle of 12 breaths two more times before giving a second dose of naloxone.

Continue rescue breathing until they breathe on their own or help arrives.

STEP SIX

Stay with the person

If they begin breathing, roll them onto their side, bend the top knee and place outside hand under their head.

When first responders arrive, tell them naloxone has been given.

