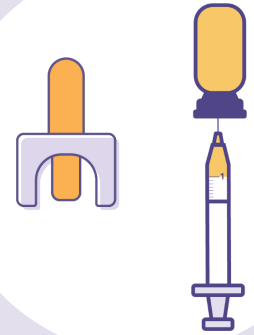


Save Lives Oregon Learning Collaborative

Advanced Naloxone & Overdose Response

A training guide for providers and peers

Updated: February 2026



Save Lives
OREGON

Salvando Vidas
OREGON

In partnership with:

HIVAlliance



Welcome!

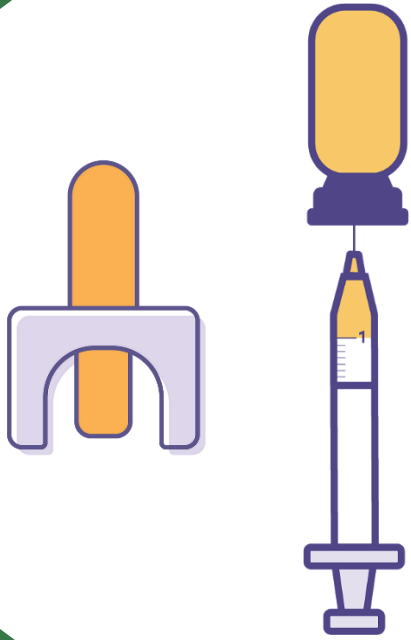


Agenda

- ✓ Facilitator introductions
- ✓ Basics of Naloxone Refresher
- ✓ Cost & Public Health Evidence
- ✓ Overdose Response – Rescue Breathing
- ✓ Naloxone Dosing Science
- ✓ Using IM Naloxone
- ✓ IM Kit Examples
- ✓ Ways to Access Naloxone
- ✓ Questions



Basics of Naloxone Refresher



What is naloxone?

Naloxone is a medication that quickly reverses an opioid overdose. Naloxone blocks the effect of opioids in the body

Almost all opioid overdose deaths would be preventable IF naloxone is administered to the person in time

- **Naloxone blocks ALL opioids, including fentanyl**
- **Naloxone restores breathing** to a person whose breathing has slowed or stopped to dangerous levels because of an opioid overdose or use of a combination of substances causing overdose.
- **Naloxone does not worsen substance use.** Multiple studies have shown that naloxone access is not associated with worsening substance use
- **Naloxone saves lives.** The most effective way to prevent fatal opioid overdoses is to distribute to people who use substances as this group is most likely to witness or experience an overdose

What Naloxone Does:

✓ Reverses opioid overdoses

✓ Restores breathing

✓ Works in 2-3 minutes

✓ Lasts 30-90 minutes

✓ Can cause withdrawal symptoms

What Naloxone Does **NOT** do:



Replace rescue breathing



Mean the person is “safe forever”



Reverse alcohol, benzodiazepines, meth, xylazine or other non-opioid drugs



Get someone high



Hurt someone if opioids aren't present

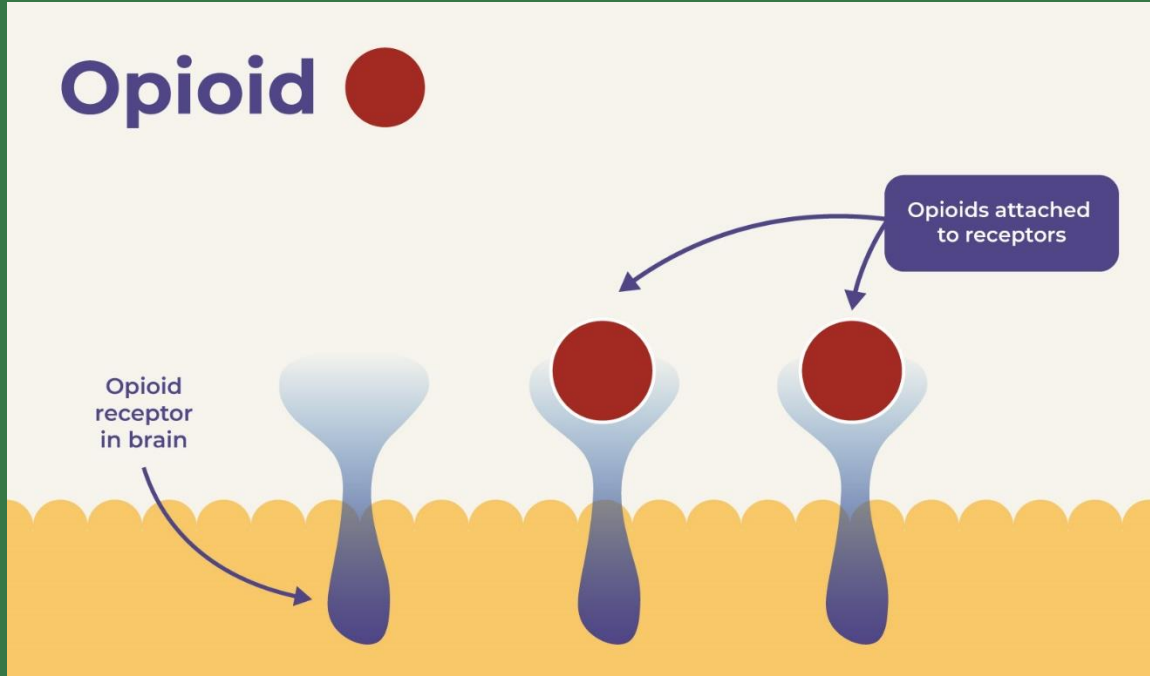
But a person may have more than one drug in their system – so **always give naloxone if someone is overdosing**

Opioid



Opioid
receptor
in brain

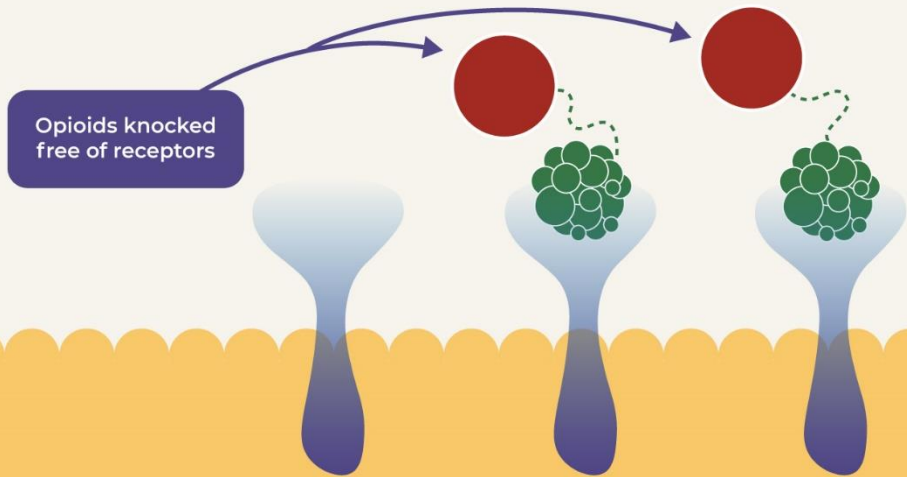
Opioids attached
to receptors



What is an opioid overdose?

- There are many opioid receptors in the body
- Opioids (prescription and illicit) fill the opioid receptors
- Some of the opioid receptors located in the brain slow down breathing
- If there are too many opioids, breathing can slow to dangerous levels and stop
- Without oxygen brain damage will occur

Naloxone



Opioids knocked
free of receptors

How does naloxone work?

- **Opioid antagonist**
- Naloxone has a stronger affinity to the receptors than opioids
- Reversing effects can take 2-3 minutes
- Breathing returns
- Naloxone effect only lasts for 30-90 minutes
- Can help in overdoses with opioids and other drugs by reversing the effects the opioid

Cost & Public Health Evidence



Community Naloxone Works

What the research shows in real life:

- National data shows that naloxone given by community members (laypeople) before EMS arrives has increased in recent years, making community responders often the first line of overdose response

Community programs are cost-effective:

- Multiple economic evaluations show that naloxone distribution to community members is cost-effective – they save lives and save money.
- A recent New York statewide evaluation show that for every \$1 spent on naloxone programs, there was a return of about \$3,219 in public-health benefit (e.g., lives save, costs avoided)*

*Source: https://www.health.ny.gov/factsheets/press_releases/2016/06/01/ny_statewide_evaluation_of_naloxone_distribution_to_community_members_to_reduce_overdose_deaths_among_adults_who_use_illegal_drugs.aspx, Fisher, M., Adler, A., Han, J., Brennan, J., Donnan, A., Brennan, J., Mahoney, M., Fink, M., Effectiveness of naloxone distribution to community members to reduce overdose deaths among adults who use illegal drugs, *Medical and Health Services Research*, 2016

Overdose Response – Breathing First



Why Rescue Breathing Matters

In an opioid overdose, the main problem is *not breathing*

- Opioids slow or stop breathing
- When breathing stops, oxygen drops quickly
- If naloxone is given without rescue breathing, the risk of brain injury or death is higher

Naloxone does NOT provide oxygen

- Naloxone can take 2-3 minutes to work
- During that time, the brain still needs air
- Rescue breathing keeps oxygen flowing while naloxone works

1 min



3-5 min



10 min

Brain cells begin
to die

Serious brain damage
can occur

Overdose reversal
chances significantly
reduced.

What an Opioid Overdose Looks Like



**Unresponsive;
doesn't respond to
loud voice or touch**



**Slow, shallow,
or no breathing**



**Gurgling, choking,
or snoring sounds**



**Cold and clammy
skin, limp body**



Pinpoint pupils



**No pulse or slow,
uneven heartbeat**



Vomiting



**Lips, skin or
fingernails are blue
or grayish in color**



The #1 Goal: Air In, Air Out

Most opioid overdoses are breathing emergencies – not heart attacks

Your priorities:

- Get air into the body
- Give naloxone
- Keep air moving until breathing returns

Rescue Breathing Steps



1. Place the person
on their back



2. Tilt their chin up
and head back



3. Open their mouth
and check for any
blockages



You may
use a
face
shield

4. Plug their nose
with one hand,
make a seal with
your mouth



5. Give two regular-
sized breaths (Blow
enough air in to
make their chest
rise)



6. Continue to give one
breath every 5 seconds
for 30 seconds.
Recheck breathing.
Continue cycle if the
person is still not
breathing.



CPR vs. Rescue Breathing

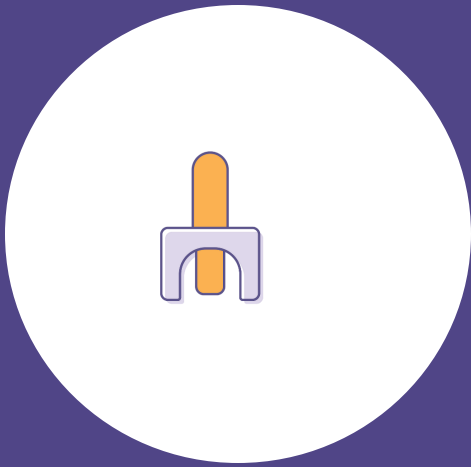
What about chest compressions?

- Chest compressions help when the heart has stopped (no pulse)
- Research shows little evidence that chest compressions alone help when breathing is the main problem

Remember:

- No breathing but *pulse present*: Rescue breathing + naloxone
- No breathing and *no signs of life*: CPR + naloxone + 911 (Dispatcher can guide you through the CPR steps)

Naloxone Dosing Science



Naloxone dosing: What the evidence shows

Naloxone needs *time* – not rapid stacking of doses

- Naloxone usually starts working in 2-3 minutes
- ***Giving more doses back-to-back does NOT make naloxone work faster***
- Rescue breathing during this time is critical

Standard doses work when used correctly

- Studies show high-dose naloxone (8 mg) does NOT improve survival compared to standard doses (4 mg)*
- Higher doses are linked to more severe withdrawal symptoms

*Source: CDC – Naloxone use and timing, NY State Department of Health – Real-world Naloxone Dosing Outcomes

Best practice:

Give 1 dose → Rescue breathing → Wait 2-3 minutes while rescue breathing → If no response, give 1 more dose

Overdose Response Steps when using Intramuscular (IM) Naloxone

Overdose Response Steps



1. Know the signs of an overdose



2. Check for response



3. Call 911



4. Give ONE dose of naloxone



5. Start rescue breathing*



6. Put person in recovery position and wait for first responders

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



Step 1: Know the signs of an overdose



Unresponsive;
doesn't respond to
loud voice or touch



Slow, shallow,
or no breathing



Gurgling, choking,
or snoring sounds



Cold and clammy
skin, limp body



Pinpoint pupils



No pulse or slow,
uneven heartbeat



Vomiting



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Step 2: Check for response

- Before going into personal space, ASK the person if they are OK and touch foot-to-foot
- Check to see if the person will respond to yelling or stimulation
 - Rub your knuckles up and down the person's sternum (the flat chest bone)
- Check for breathing
 - **Look**: Is their chest moving? Are they fogging your phone screen?
 - **Listen**: Do you hear breathing?
 - **Feel**: Do you feel breath?



Step 3:

Call 911

- Dial 911 and set the phone to speaker while you move onto next steps
- Tell the 911 operator that someone is not breathing



Step 4: Give one dose of IM naloxone

- Remove caps from vial and needle and with vial upside down, insert needle into vial
- Draw 1 ml making sure syringe fills with liquid, not air
- Insert needle into large muscle like upper arm or thigh
- Press plunger to release dose – inject straight in
- Safely dispose of needle



IM naloxone safety & needle disposal

Injection Basics:

- Clothing does not need to be removed
- Inject straight into a large muscle (upper arm or thigh)

Needle safety:

- Do not recap
- Do not reuse
- Keep needle away from yourself and others

Disposal:

- Place used needle in sharps container
- If none: use thick plastic container with a lid
- Never leave loose needles in bags or trash



Step 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 second dose of naloxone
- Remember: ***Giving a second dose sooner doesn't make it work faster!***



Step 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



Observation & Aftercare

After naloxone is given

People may:

- Wake up confused or sick
- Experience withdrawal symptoms
- Feel anxious or scared

This is expected – not a failure of care.

Staying with the person

Naloxone wears off in 30-90 minutes.
Overdose can *return*.

Stay with the person until:

- EMS arrives or
- They have stable breathing for at least 2 hours



Oregon's Good Samaritan Law

The Good Samaritan Law protects you when you seek help during an overdose in Oregon.

If someone is overdosing and you call for help, **you and the person experiencing an overdose** are protected from certain legal consequences in Oregon.



You're protected from being arrested or charged for:

- ✓ Having drugs or drug-use supplies, like syringes or pipes
- ✓ Being in a place where drugs are used
- ✓ Violating probation or parole because of the overdose



You're not protected from being arrested or charged for:

- ✗ Drug dealing or selling
- ✗ DUI or driving under the influence
- ✗ Weapon charges
- ✗ Federal or out-of-state warrants, including immigration



Taking care of yourself after an overdose response

Responding to an overdose can be intense – even when it goes well.

You might notice:

- Adrenaline, shakiness, or exhaustion
- Headaches, nausea or trouble sleeping
- Strong emotions or feeling numb

Helpful ways to care for yourself:

- Small physical care can help your nervous system settle
- Hydrate and rest
- Wash your body and your clothes
- Ground yourself (feel your feet, name what you see, hear and smell around you)
- Talk with someone you trust – a friend, coworker, peer, family or a therapist

IM Naloxone Kit Examples



Intramuscular (IM) Naloxone Kit Examples

Example kit from **Max's Mission**

- ✓ 1-Black printed Max's Mission Naloxone Kit bag
- ✓ 1-CPR face shield
- ✓ 2-Vials 0.4 mg naloxone
- ✓ 2-3ML/CC large gauge syringes
- ✓ 4 – Band-Aids
- ✓ 4 – Prep pads
- ✓ 1-Instruction card
- ✓ 1-Good Samaritan card
- ✓ 1-Useful resources card



Photo from Max's Mission



IM Naloxone Guides

How to use naloxone intramuscular injection

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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SaveLivesOregon.org

7/26/24

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

- Remove caps from vial and needle and with vial upside down, insert needle into vial
- Draw 1 ml making sure syringe fills with liquid, not air
- Insert needle into large muscle like upper arm or thigh and press plunger to release 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



Foldable
pamphlet

Using Naloxone Intramuscular Injection to Reverse an Opioid Overdose:

— 6 Steps —

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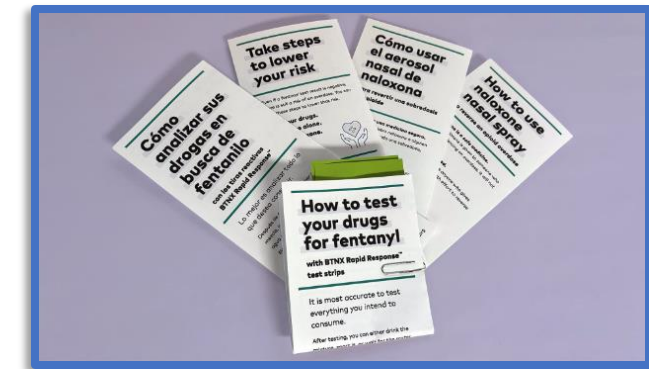


One-pager

Instructional Guides & Resources for Kits

Save Lives Oregon offers instructional guides and resources for agencies to download, print and include in overdose response kits

savelivesoregon.org/resources



Understanding Oregon's Good Samaritan Law

If someone is experiencing an overdose and you seek medical help for them, **neither of you can be arrested or prosecuted for:**

1. Possessing drugs or drug paraphernalia
2. Being in a place where drugs are used
3. Violating probation, parole, or outstanding Oregon warrants related to #1 or #2 above

The Good Samaritan Law **does not protect you from:**

- ✗ Other crimes not specified and other state or federal warrants

Please call 911

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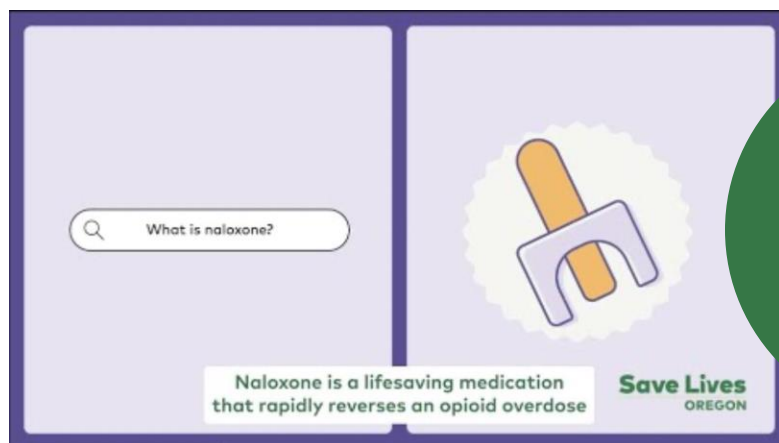
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Nasal Naloxone Video Instructions

Community-facing videos to teach the public about the importance of naloxone

Help by sharing the videos on your social media channels, adding them to your website or sharing in your newsletters!



English

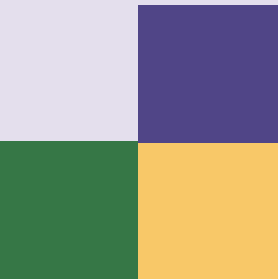
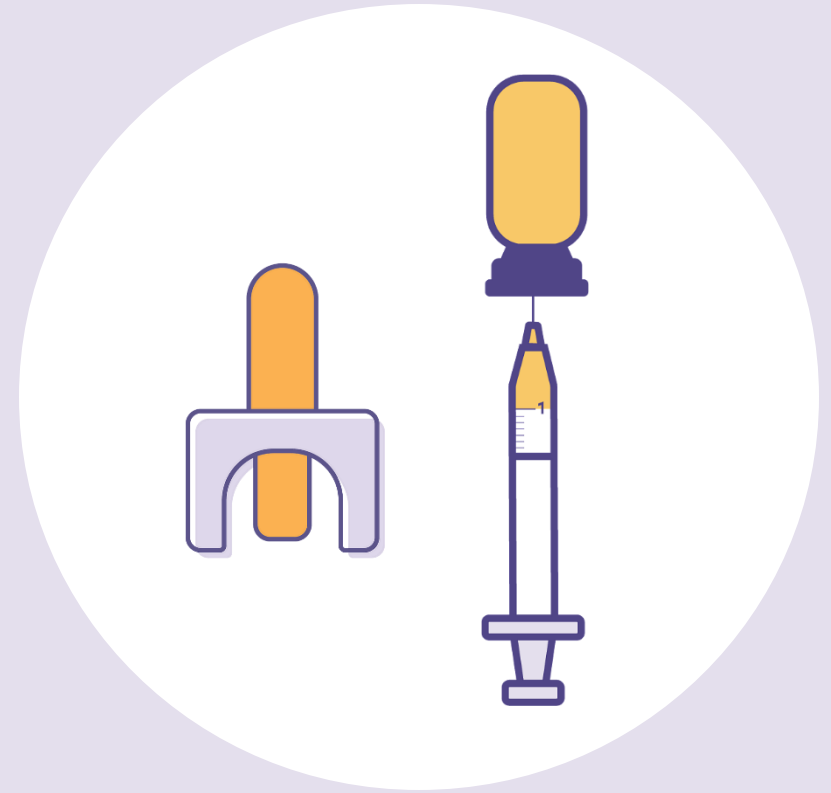
https://bit.ly/slo_naloxone



Spanish

https://bit.ly/SVO_naloxona

Ways to Access Naloxone



Ways to Access Naloxone:



Save Lives Oregon

State of Oregon supplied naloxone. Eligible entities can apply and access a specified amount.
Eligible entities also qualify for their own MMCAP account

www.savelivesoregon.org/apply



Pharmacy

Pharmacists can prescribe and dispense naloxone. Oregon has a statewide standing order. Insurance, including OHP, cover naloxone. VA Pharmacy covers naloxone.

[Oregon's Statewide Standing Order to Dispense Naloxone HCl](#)



Remedy Alliance for the People

Low-cost naloxone for eligible entities

Harm reduction and syringe service programs providing services directly to people who use drugs.

<https://remedyallianceftp.org/>



Direct from Manufacturer

Some manufacturers have public interest pricing for eligible entities.

Questions?



Frequently asked questions about naloxone

-  Does naloxone work on all drugs?
 -  No. Naloxone only reverses opioids. But because drugs are often mixed, always give naloxone during an overdose.
-  What if I'm not sure if someone has used opioids? Can naloxone hurt them if I give it to them?
 -  When in doubt, give naloxone. Naloxone is safe. It will not hurt someone even if opioids are not in their system.
-  Will giving multiple doses of naloxone at once make it work better or faster?
 -  No. One dose usually works, but it can take a few minutes to kick in. Start rescue breathing after giving the first dose. Give a second dose after 2-3 minutes if they haven't started breathing on their own.

Thank you

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