

What are opioids?

- Opioids include prescription painkillers and heroin.
- Opioids can cause a person's breathing to slow or stop (overdose).

Keep yourself safe

- Be careful if you take a break or miss doses. This can lower your tolerance (how much of a drug your body can handle).
- Avoid mixing opioids with other medications or drugs, especially benzodiazepines (e.g., Xanax[®], Valium[®]), alcohol or cocaine.
- Avoid taking opioids when alone. Having someone nearby to help is important if there is an emergency.
- Be careful taking more opioids than usual. You never know how your body will react.

Examples of prescription painkillers:

Generic	Brand Name
Hydrocodone	Vicodin [®] , Lorcet [®] , Lortab [®] , Norco [®] , Zohydro [®]
Oxycodone	Percocet [®] , OxyContin [®] , Roxicodone [®] , Percodan [®]
Morphine	MS Contin [®] , Kadian [®] , Embeda [®] , Avinza [®]
Codeine	Tylenol [®] with Codeine (Tylenol [®] #3, Tylenol [®] #4)
Fentanyl	Duragesic [®]
Hydromorphone	Dilaudid [®]
Oxymorphone	Opana [®]
Meperidine	Demerol [®]
Methadone	Dolophine [®] , Methadose [®]
Buprenorphine	Suboxone [®] , Subutex [®] , Zubsolv [®] , Bunavail [®] , Butrans [®]

Heroin is also an opioid.

All opioids put people at risk of overdose.

Naloxone for opioid emergencies

- Is a safe medication that can reverse an opioid overdose
- Has no effects on alcohol or other drugs
- Takes **two to five** minutes to start working and its effects last **30 to 90** minutes
- May require more than one dose
- May cause withdrawal (e.g., chills, nausea, vomiting, agitation, muscle aches) until the naloxone wears off

Important: Tell others where your naloxone is stored and how to use it

Resource

Learn about **local programs** that offer training and naloxone **free of charge**: visit health.ny.gov/overdose

Learn about **treatment options**: call the OASAS HOPEline at 877-8-HOPENY (877-846-7369), text HOPENY to 467369 or visit oasas.ny.gov/accesshelp/

Learn about **overdose prevention**: search for "prevent overdose" at nyc.gov/health, or call 888-NYC-WELL.

Overdose Response Steps

1. Call 911

Follow the dispatcher's instructions.

2. Give naloxone if you have it

If there is no response in **two** minutes, give a second dose. Stay with the person. If they wake up, discourage them from taking more opioids. **If you don't know what the person has taken, you should still give them naloxone.**

3. If the person isn't breathing, do rescue breathing or CPR, if you know how

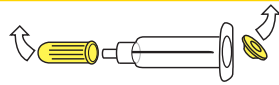
4. If still unresponsive, lay the person on their side to prevent choking

Stay with the person until help arrives.

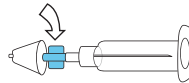
Note: The New York State 911 Good Samaritan Law provides substantial protection to anyone calling 911 to save a life, even if drugs are present.

Multi-step Intranasal Naloxone

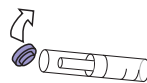
1 Take off yellow caps.



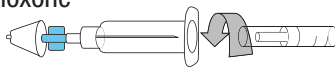
2 Screw on white cone.



3 Take purple cap off vial of naloxone.



4 Gently screw vial of naloxone into barrel of syringe.



5 Tilt head back; insert white cone into nostril; **give a short, strong push** on end of vial to spray naloxone into nose:

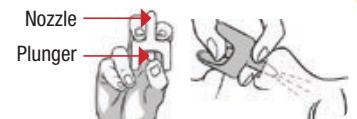
ONE HALF OF THE VIAL INTO EACH NOSTRIL.



6 If no response in **two** minutes, give second dose.

Single-step Intranasal Naloxone

This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.



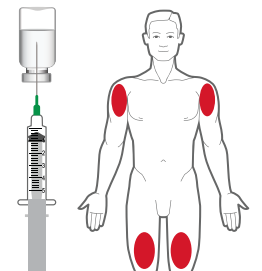
Do not test device - each device can only be used once.

Multi-step Intramuscular Naloxone

1 Remove caps from naloxone vial and needle.



2 Insert needle through rubber plug with vial upside down; pull back on plunger, take up entire contents.



3 Inject whole vial into upper arm or thigh muscle.

4 If no response in **two** minutes, give second dose.

Auto-injector Naloxone

The naloxone auto-injector has voice instructions for injecting naloxone into the outer thigh, through clothing if needed. There is also a training device for practice included with each kit.

Signs of Overdose

- Person is unresponsive
Try to wake the person by vigorously rubbing your knuckles up and down the front of their rib cage.
- Breathing slows or stops
- Lips and/or fingernails turn blue, pale or gray

Rescue Breathing

- Tilt the person's head back
- Pinch their nose
- Give **two** quick breaths into their mouth
- Continue with **one** breath every **five** seconds until the person starts breathing

When to Get a Refill

- One or more doses are used
 - Naloxone is lost or damaged
 - Naloxone expires or is near the expiration date
When requesting a refill, tell your pharmacist if the naloxone was used.
- Store naloxone at room temperature, out of direct light.*