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.

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.
**How to Use Naloxone**

## 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.

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**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.

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**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.**