

## Overview

### Opioids:

- Include prescription painkillers and heroin
- Can cause a person's breathing to slow or stop (overdose)

### Naloxone:

- 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
- May require more than one dose
- Effects last **30 to 90** minutes
- May cause withdrawal (e.g., chills, nausea, vomiting, agitation, muscle aches) until the naloxone wears off

### 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.***

## Avoid Opioid Overdose

- 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.

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

## Resources

Learn about **local programs** offering training and naloxone **free of charge**: visit [www.health.ny.gov/overdose/](http://www.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 [www.oasas.ny.gov/accesshelp/](http://www.oasas.ny.gov/accesshelp/)

Learn about **overdose prevention**: visit [nyc.gov/health](http://nyc.gov/health) and search for "Prevent Overdose"

## Overdose Response Steps

### 1. Call 911

Follow dispatcher instructions.

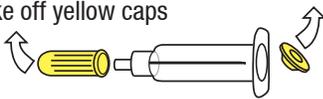
### 2. Give naloxone if you have it

If no response in **three** minutes, give a second dose. Stay with the person; discourage him or her from taking more opioids.

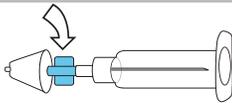
**If you don't know what the person has taken, give naloxone.**

#### Nasal spray naloxone

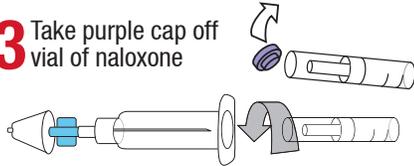
**1** Take off yellow caps



**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**

Push to spray

**6** If no response in three minutes, give second dose

#### Injectable naloxone

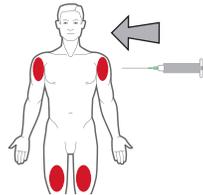
**1** Remove caps from naloxone vial and needle



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



**3** Inject whole vial into upper arm or thigh muscle



**4** If no response in three minutes, give second dose

#### Auto-injector

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

- Unresponsive  
*Try to wake the person by vigorously rubbing your knuckles up and down the front of his or her rib cage*
- Breathing slows or stops
- Lips and/or fingernails turn blue, pale or gray

#### Rescue Breathing

- Tilt the person's head back
- Pinch his or her nose
- Give **two** quick breaths into the 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.*

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

### 4. If still unresponsive, lay the person on his or her 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.