

# Risks & Signs of an Opioid Overdose & how to Respond

## Importance of having Narcan/Naloxone and knowing how to use it

- + Some people take opioid daily that are prescribed by a doctor and may need an overdose reversal
- + Some people may take a substance that they do not know has been laced with fentanyl
- + Keeping Narcan/Naloxone on hand can save a life

## High risk factors for overdose

- + Previous overdose
- + Prior suicide attempt
- + On a high dose of opioid medications
- + History of major depressive disorder
- + Abstinent for a few days or more
- + Mixing opioids with depressants
- + Using alone
- + Injecting drugs
- + Problems with lung functioning

## What is Narcan/Naloxone?

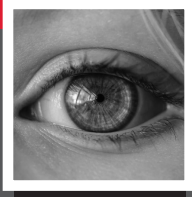
- + A drug that reverses opioid overdose effects
- + It knocks the opioid off the receptor in the brain
- + It is only effective for 30-90 minutes

## When not to use Narcan/Naloxone

- + If they are not overdosing from an opioid or showing opioid overdose symptoms
- + Their nose is obstructed, actively bleeding, or has a structural defect
- + If the person has no pulse (administer chest compressions)

If you suspect overdose and use Narcan, there are no adverse/negative side effects of using it on someone who is not overdosing.

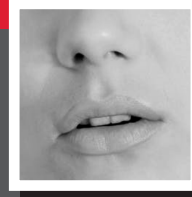
# Signs of an Opioid Overdose



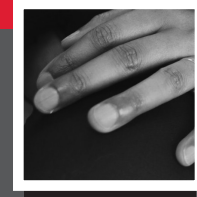
Pinpoint Pupils



Unresponsive or unconscious



Shallow breathing



Blue/gray lips, hands, fingertips

## How to use Narcan/Naloxone

### 3 P's: PEEL, PLACE, PRESS

**PEEL** back the package to remove the device.

**PLACE** the tip of the nozzle in either nostril until your fingers touch the bottom of the person's nose.

**PRESS** the plunger firmly to release the dose in the person's nose.

## What's Next

### Call 911

- + Narcan/Naloxone only lasts 30-90 minutes, after that the person could go back into overdose
- + You are protected by the **Good Samaritan Law**. You are protected from arrests and prosecutions for possession of drugs or paraphernalia, and for violating probation, parole, or a restraining order.

### Start rescue breaths

- + Opioid overdose = lack of oxygen to the brain. Even a little bit through rescue breathing can keep someone alive!
- + Head-tilt/Chin-lift Maneuver often lifts the tongue out of the way
- + Rescue breathing: Tilt head back, pinch nose, and give 1 breath every 5-6 seconds

### Put the person in the recovery position

- + Put them on their side, their hand supporting their head, one knee over the other to stop them from rolling onto their stomach and try to put a pillow/backpack/etc. behind them so they don't roll over onto their back
- + This prevents a person from choking if they vomit



If you would like to be trained on administering Narcan/Naloxone, please contact Missouri Partners in Prevention at [pip@missouri.edu](mailto:pip@missouri.edu)