



NARCAN[®] (naloxone) Can Help Stop an Opioid Overdose

Naloxone is covered for all
CareSource members at no cost

Ask your provider for a Naloxone
prescription.

HOW TO AVOID AN OPIOID OVERDOSE

Prescribed Opioids

- Never take more opioids than prescribed to you. Call your provider if your pain gets worse.
- Be careful using opioids with other medications for pain, sleeping, anxiety, or depression, as well as alcohol.
- Store medications in a safe place and do not share with others.
- Get rid of unused medications. Take old or unused medications to your pharmacy or get a free medication disposal packet at **secureforms.CareSource.com/DisposeRX**.

Non-Prescribed Opioids

- Strong opioids like fentanyl have been found in other substances including non-opioids.
- Do not mix opioids with other substances, like alcohol.
- Never use opioids alone, no matter what.



Always carry NARCAN (naloxone) nasal spray with you in case of an emergency. You cannot give yourself naloxone. Make sure your family or friends know where to find it.

Good Samaritan or 911 drug immunity laws protect people who seek medical attention for an overdose. These laws provide immunity from arrest, charge or prosecution for some substance offenses.

SIGNS OF AN OPIOID OVERDOSE

- Slow or shallow breathing, or not breathing at all
- Pale or bluish skin
- Slurred speech
- Slow heartbeat
- Low blood pressure
- Small pupils
- Gasping for air when sleeping or unusual snoring
- Not waking up or responding

IF SOMEONE IS OVERDOSING



1 Call 911



2 Give them NARCAN (naloxone)



3 Provide CPR (if needed)


CareSource[®]

Qualified Health Plans offered in North Carolina by
CareSource North Carolina Co., d/b/a CareSource.

WHAT TO DO IF SOMEONE IS OVERDOSING:



3. Provide CPR (if needed)

Airway

- Make sure nothing is inside their mouth.

Chest Compressions

- Try to lay the person flat on the ground.
- Place your hands one on top of the other in the middle of the chest.
- Push hard and fast. Use your body weight to give compressions at least two inches deep.
- Give two breaths for every 30 compressions.

Rescue Breathing

- Breathe for them. Put one hand on the chin, tilt the head back and pinch the nose closed. Make a seal over the mouth and breathe out into their mouth.
- Give one breath every five seconds.
- The person's chest should rise and not their stomach.

Evaluate and Support

- Continue rescue breathing until they can breathe on their own.
- Give another spray of NARCAN after three minutes if they are not breathing or responsive. Spray into the other nostril this time.
- Naloxone wears off in 30-90 minutes, so 911 must be called.
- Monitor them until a medical team arrives. Place them in the recovery position unless they have a neck or back injury.



1. Call 911

Tell them that someone is unresponsive and not breathing. Give them a clear address and location. The Good Samaritan Law can protect you and give you immunity from arrest.



2. Give them NARCAN (naloxone)

- Lay the person on their back.
- Hold the NARCAN spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.
- Tilt their head back and give support under the neck with your hand. Put the tip of the nozzle into a nostril until your fingers on either side of the nozzle are against the bottom of their nose.
- Press the plunger firmly to give the dose of NARCAN.
- Get emergency help right away.
- If the person is revived after you give them the NARCAN, do not give CPR. Stay with them until a medical team arrives.
- Give a second dose if the person is not revived after you give them the NARCAN.

MORE RESOURCES

There are treatment options for Substance Use Disorder (SUD):

- National Helpline – 1-800-662-HELP (4357) or FindTreatment.gov

Naloxone is part of larger SUD Harm Reduction strategies:

- National Harm Reduction Coalition – harmreduction.org
- NEXT Distro – nextdistro.org

Find support if someone you love has had an overdose:

- Parents of Addicted Loved Ones (PAL) – palgroup.org