

# Overdose: Naloxone can help

## How to Avoid an Opioid Overdose

- Only take medicine prescribed to you
- Never take more opioids than instructed by your doctor
- Call a doctor if your pain gets worse
- Never mix pain medications with alcohol
- Avoid sleeping pills when taking pain medications
- Get rid of unused medications. You can take to your pharmacy. Or, to find a Take-Back location: [http://www.deadiversion.usodj.gov/drug\\_disposal/takeback/index.html](http://www.deadiversion.usodj.gov/drug_disposal/takeback/index.html)

## Opioids kill by stopping breathing. Is the person breathing?

### Signs of an overdose shortly after use:

- Slow or shallow breathing, or not breathing
- Gasping for air when sleeping or weird snoring
- Pale or bluish skin
- Slurred speech
- Slow heartbeat, low blood pressure
- Won't wake up or respond (rub knuckles on sternum)
- Small pupils

## Call 911 for help

All you have to say:

**"Someone is unresponsive and not breathing."**  
Give clear address and location.

## Airway

Make sure nothing is inside the person's mouth.

## Rescue breathing

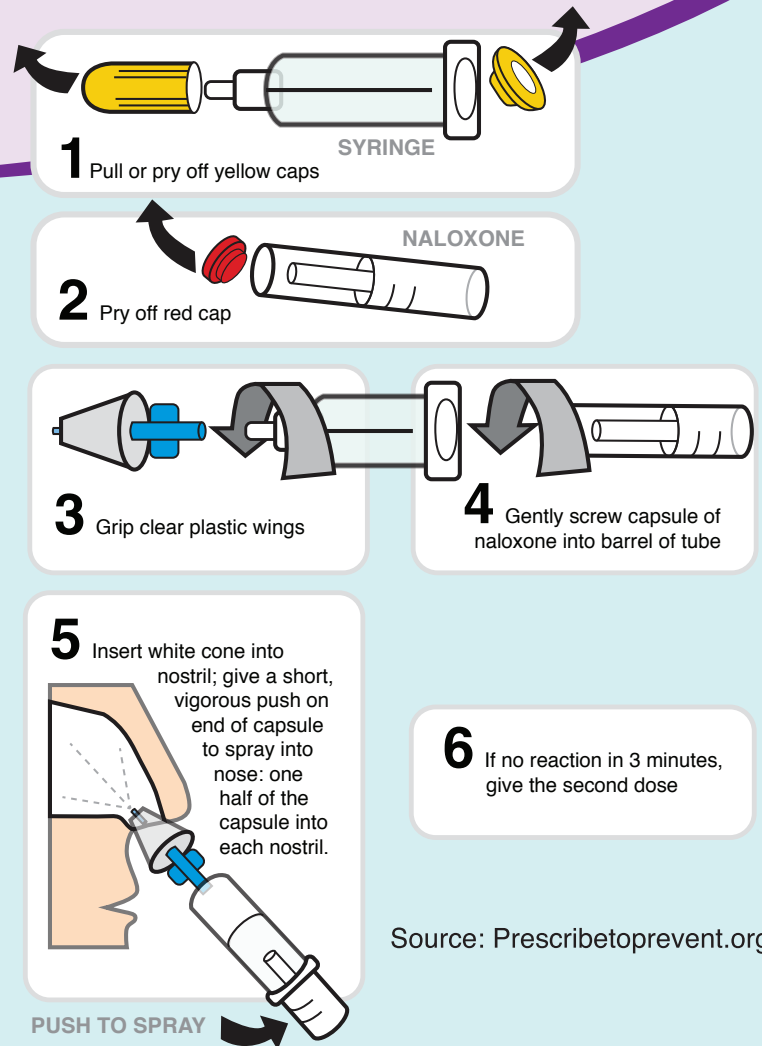
- Oxygen saves lives. Breathe for them. One hand on chin, tilt head back, pinch nose closed. Make a seal over mouth and breathe out into their mouth
- 1 breath every 5 seconds
- Chest should rise, not stomach

## Prepare

Are they any better? Can you get a naloxone nose spray and prepare it quickly enough that they won't go for too long without your breathing assistance?

- Store your medicine in a secure place so children and pets cannot reach
- Learn how to use a naloxone nose spray properly\*
- Teach your family and friends how to respond to an overdose

\* Training videos can be found at [healthy.ohio.gov/vipp/drug/ProjectDAWN.aspx](http://healthy.ohio.gov/vipp/drug/ProjectDAWN.aspx)



Source: Prescribetoprevent.org

## Evaluate + Support

- Continue rescue breathing until person begins to breathe
- Give another two sprays of naloxone in 3 minutes if no or minimal breathing or responsiveness
- Naloxone wears off in 30-90 minutes, so an emergency department follow up is needed
- Comfort them, withdrawal can be unpleasant
- Get them medical care and help them not use more opiate right away
- Encourage survivors to seek treatment if they feel they have a problem