

Opioid Overdose Prevention and Naloxone Distribution

Step 1: Check for signs of overdose: Death from OD rarely occurs immediately! Face is pale or clammy

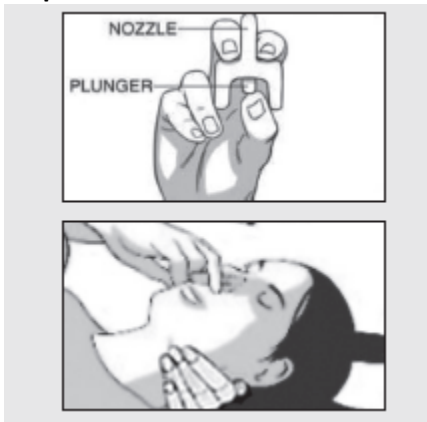
- Body is limp
- Fingernails or lips have bluish tinge
- Vomiting or gurgling noises
- Cannot be awakened and is unable to speak – try sternal rub
- Breathing is slow or stopped - **(less than 12 breaths a minute)**
- Heartbeat is slow or stopped - **(for most people this will be less than 55 beats a minute)**

Step 2: Call for help – 911

Step 3: Support Breathing if inadequate respirations and/or poor skin color

- Inadequate breathing = not enough oxygen
- Rescue breathing can prevent death
- Next steps are for overdose victims:
 - a. 2 initial breaths follow by 1 breath every 5 to 10 seconds

Step 4: Naloxone administration



If no reaction in 2-5 minutes, give the second capsule!!!

Step 5: Place in The Recovery Position to protect the airway

- Arm nearest you at right angle
- Other arm across chest and against cheek nearest you
- Grab farthest leg above knee and roll over towards you
- Keep head tilted so airway clear



Step 6: Monitor Response

- All patients should be monitored after giving naloxone.
- Naloxone will work within 3-5 minutes (give rescue breathing until naloxone effective)
- Naloxone will work for 30-90 minutes but symptoms can come back
- GET to the nearest EMERGENCY ROOM ASAP even if the patient responds!!

Death from OD rarely occurs immediately! Survival depends on someone being there to respond!



We strongly recommend that all take BLS and learn CPR.

www.heart.org