

Giving Naloxone Nasal Spray for Opioid Overdose

Opioids include heroin and prescription pain medicines, such as:

- hydrocodone/acetaminophen (Lorcet and Vicodin)
- oxycodone/acetaminophen (Percocet)
- morphine (MS Contin)
- methadone
- fentanyl

If a person takes a large amount of opioids, they can overdose and they could die. An overdose is an emergency! Review this information, so you know how to respond to an overdose.

Signs of opioid overdose

- Not breathing or less than 1 breath every 5 seconds
- Vomiting
- Pale and clammy skin
- Lips, fingers or toes look gray or blue in color
- Heart beat or pulse is slow or has stopped
- Snoring, gurgling or choking sounds
- Does not respond to shaking or rubbing your knuckles over the breast bone in the center of the chest

Take Action if you see signs of overdose

1. Check response.

- Shout the person's name and shake their shoulders.
- If no response, rub your knuckles on the center bone of their chest.

2. Call 911.

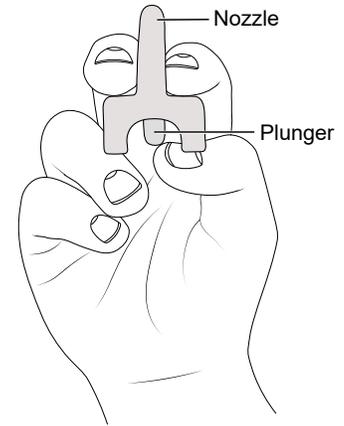
- Say, "I have a person who is not responding and is not breathing." Give location and address if known.
- Do not wait for emergency services to arrive before giving naloxone. Call 911 even if the person responds to the naloxone (Narcan).

3. Give naloxone (Narcan) nasal spray.

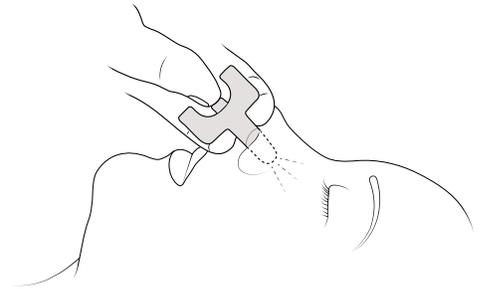
- Open package and peel paper to remove nasal spray. Follow directions in next section.

Giving naloxone nasal spray

1. Position the person on their back.
2. Hold the spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.

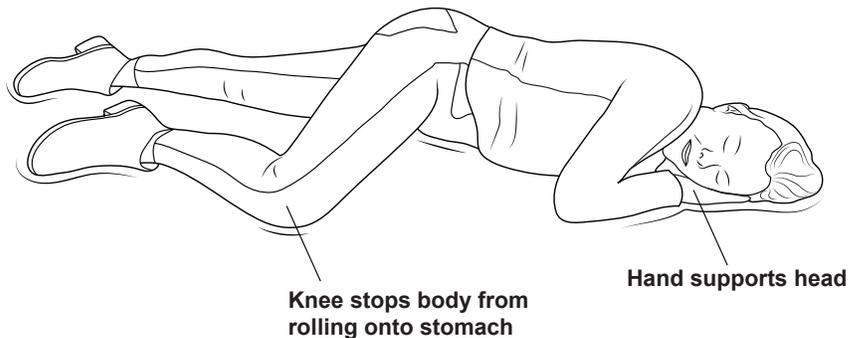


3. Place the tip of the nozzle into one side of the nose, so your fingers are against the bottom of the nose.
4. Press the plunger firmly to give the dose of the spray.



5. Remove the spray device from the nose and throw it away. It only contains 1 dose. Throw it away out of the reach of children.
6. Stay with the person until help arrives.

- If the person starts to breathe on their own, roll them onto their side, so they do not choke if they vomit.



- If the person does not begin to breathe on their own after 2 or 3 minutes:
 - Give another dose of naloxone if you have it available.
 - Start rescue breathing:
 - Make sure there is nothing in the person's mouth. Tilt the head back by lifting their chin with your hand to open their airway.
 - If you have a face shield, place it over their nose and mouth and pinch their nose shut with your other hand.
 - If you have a pocket mask, place it over their nose and mouth to make a seal.
 - If you do not have a shield or mask, pinch their nose shut with your other hand.

- Give 2 slow and deep breaths into their mouth to cause their chest to rise. Continue giving 1 breath every 5 seconds until they are breathing on their own or help arrives.

About naloxone nasal spray

- Store naloxone at room temperature and away from light.
- Check the expiration date on the package. If the expiration date is past, throw the package away and get a new one from the pharmacy.
- Naloxone will not reverse overdoses caused by drugs that are not opioids.
- Naloxone can cause non life-threatening withdrawal symptoms. Review the package instructions for more information.
- In Ohio, the law protects the person calling 911 and using naloxone to reverse a drug overdose, as well as the person who is overdosing.
- Naloxone is available in Ohio without a prescription. Pharmacies by county listed at: **pharmacy.ohio.gov/Licensing/NaloxonePharmacy**.