

OPIOID OVERDOSE RESPONSE & PREVENTION INFORMATION

STEP 1: IDENTIFY OVERDOSE & CHECK FOR RESPONSE

Check for signs of an opioid overdose. Ask the person if they are okay (e.g., shout their name, shake their shoulders or firmly rub the middle of their chest with your knuckles).

Signs of opioid overdose:

- Will not wake up or respond to your voice or touch
- Breathing is slow, irregular, or has stopped
- Pale skin, purple lips and fingernails
- Very small pupils
- Faint heartbeat
- Limp arms and legs
- Inability to speak
- Vomiting

STEP 2: CALL 9-1-1

One of the most important steps to take is to call 9-1-1 so the person can receive immediate medical attention.

STEP 3: GIVE NALOXONE

Naloxone (brand name Narcan®) should be given to any person who shows signs of an opioid overdose. If the person does not respond after giving a dose of naloxone, another dose may be given every 2 to 3 minutes, if needed until the person responds or emergency medical help is received.

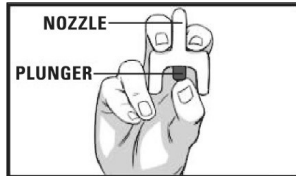
Nasal Spray:

Step 1:

Feel the tab with the circle



Step 2: Hold the nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



Step 3: Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into one nostril until your fingers on either side of the nozzle are against the bottom of the person's nose.



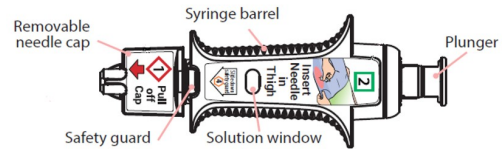
Step 4: Press the plunger firmly to give the full dose of naloxone.



If the person does not respond by waking up, to voice or touch, or is not breathing normally, another dose may be given every 2 to 3 minutes in the opposite nostril until the person responds or emergency medical help is received.

Pre-filled Syringe:

1. Place the person on their back. When ready to inject, pull off cap to expose the needle.
2. Hold device by side finger grips and slowly insert needle into the thigh.
3. After needle is in thigh: Push the plunger all the way down until it "clicks" and hold for 2 seconds.
4. Right after the injection, using one hand with fingers behind the needle, slide the safety guard over the needle. Do not use two hands to activate the safety guard. Put the used syringe into the blue case and close the case.



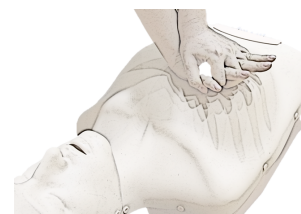
Needle/Syringe & Vial:

1. Remove cap on naloxone vial and wipe the top with an alcohol swab.
2. Remove cap of needle and insert into vial.
3. With the vial upside down, pull back plunger to draw up 0.4mg (1ml) of naloxone.
4. Inject into muscle in the upper arm or thigh.
5. Properly dispose of used needle/syringe in a sharps container.



STEP 4: START RESCUE BREATHING & CHEST COMPRESSIONS

- If the person is not breathing or gasping for air, **begin rescue breathing and chest compressions**. Do 30 compressions (push hard and fast), then two breaths. **Repeat** until the person is moving/breathing on their own, or help/AED arrives. If you cannot do rescue breathing, you can still do "hands only" chest compressions.
- If the person is moving and breathing on their own, place them in **recovery position (Step 5)** on their side.
- Stay with the person until they go to the hospital or help arrives. Someone who was given naloxone may be at risk for another overdose or can choke on their vomit.



STEP 5: RECOVERY POSITION

If the person starts breathing on their own or you have to leave someone alone at any time, (such as calling for help or to get naloxone) make sure they are in the **recovery position**. Put the person on their left side with their right leg and right arm crossed over their body. This makes it difficult for the person to roll over, and lessens the chances they will choke on vomit.



Continue to Monitor:

Continue to monitor the person's breathing and movement. If the person stops breathing, repeat **STEP 4: "START RESCUE BREATHING & CHEST COMPRESSIONS"**.

Stay with the person until help arrives.

PREVENT OVERDOSE:

- Only take medication prescribed to you.
- Take opioid medication As Directed by your doctor.
- Do NOT mix opioids with other drugs such as benzodiazepines or alcohol.
- Store your medication in a safe and secure place and properly dispose of any unused medication.
- Not taking opioids for a while changes tolerance levels; if you restart, you need to start at a lower dose.
- Teach your family and friends how to respond to an overdose and keep naloxone on-hand if you or someone you know is taking opioids.

IMPORTANT POINTS TO REMEMBER:

- Naloxone is a safe medicine. It only reverses overdoses in people with opioids in their system.
- Naloxone may cause serious side effects, including sudden opioid withdrawal symptoms which include: increased blood pressure, constipation, muscle pain/spasm, headache, nasal irritation/pain, nasal dryness, and stuffy nose.
- Store naloxone at room temperature and protect from sunlight. Refer to manufacturer's package for instruction.
- The NJ Overdose Protection Act provides immunity to anyone who gives naloxone or calls 9-1-1 for medical assistance in an overdose situation if that person, in good faith, reasonably believes the other person to be experiencing an opioid overdose.

WHAT IS NALOXONE?

Naloxone (brand name Narcan®) is a medicine used to reverse an opioid overdose. Opioid pain medications or drugs such as heroin can cause overdose. Naloxone is safe, effective, and easy to use. Examples of opioids include: morphine (MS Contin®), codeine, hydrocodone (Vicodin®, Norco®), hydromorphone (Dilaudid®), oxycodone (Percocet®, OxyContin®), fentanyl (Duragesic®), oxymorphone (Opana®), methadone, and heroin.

WHO SHOULD GET NALOXONE?

- A person overdosing or suspected of overdosing on opioids.
- Overdose risk is greater when:
 - People take increased amounts of opioids.
 - Mix opioids with other drugs such as benzodiazepines or alcohol.
 - Have changes in opioid tolerance due to not using (e.g., after being in jail, detox, or drug-free treatment).

READY FOR TREATMENT?

www.ReachNJ.gov
1-844-ReachNJ
1-844-732-2465



Overdose Prevention:

For more information about lifesaving support and services to prevent overdose, communicable disease, and other services please visit:

<http://www.prescribtoprevent.org/>
<https://www.nj.gov/humanservices/stopoverdoses/>

For additional information and services please contact your local Department of Health
<https://www.nj.gov/health/lh/>

HOW TO GET NALOXONE FOR FREE:

- Naloxone nasal spray can be obtained at no cost at participating pharmacies through the DHS Naloxone365 initiative.
- Individuals 14 years and older can request naloxone at participating pharmacies for free without having to provide a name or reason. No prescription is necessary.
- One two-dose naloxone nasal spray kit is provided per visit.
- For a list of participating pharmacies please visit:

<https://nj.gov/humanservices/stopoverdoses/>