Quick Start Guide

Opioid overdose response instructions



Opioids are generally used to treat pain, which include both prescription painkillers and heroin. All opioids put people at risk of overdose.

An overdose is considered when the person slows or stops breathing

Naloxone (Narcan®)

Naloxone is a safe medication that can reverse an opioid overdose. It works only on opioids (such as heroin, fentanyl, and prescription painkillers) but is safe to use even if opioids aren't presented. Naloxone has no effects on alcohol or other drugs. It takes 2–5 minutes to start working and may require more than one dose. Naloxone works for 30–90 minutes and may cause withdrawal symptoms until it wears off. Using more drugs is unlikely to reduce withdrawal but may increase the risk of another overdose. Tell others where your naloxone is stored and how to use it.



Signs of an opioid overdose

- Unresponsive or unconscious
- Slow or stop breathing
- Blue, gray, or white lips or fingernails
- Snoring or gurgling sounds

Check for responsiveness before giving naloxone

Shout in the person's ear. If no response, grind your knuckles into their breastbone. If there is no response, it's an emergency!



Support: Call 911

How to respond to an overdose

1. **Call 911 for medical help.**
   Tell them someone is not breathing.



2. **Give naloxone: peel, place, press.**
   Do not test device. Each device can only be used once. No assembly needed.

   Spray in one nostril by pushing plunger. If there is no responses in two minutes, give a second dose.



3. **Recovery position.**
   Put the person on their side to prevent choking. Stay with the person until medical help arrives.



UPDATED 8/2024

CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT