



# Using Nasal Spray to Reverse an Opioid Overdose

## What are Opioids?

Opioids are drugs that block pain signals from reaching our brain. They can also change our mental state making us feel happy, relaxed, sleepy, or confused.

Some opioids, like heroin, are illegal. Other opioids, like morphine and oxycodone, are prescribed by doctors to help people cope with pain.



## What is an Opioid Overdose?

An overdose happens when the amount of opioids someone takes causes their breathing to slow down or stop. If an overdose is not treated, the person may die.

### Signs of an Opioid Overdose

- Pale skin
- Blue fingernails or lips
- Small pupils
- Slow or no breathing
- Not able to speak
- Not able to respond
- Vomiting or gurgling noises

## Responding to an Overdose

**STEP ONE:** Call 9-1-1

**STEP TWO:** Give the person naloxone, if it's available

**STEP THREE:** If needed, provide rescue breaths or CPR

**STEP FOUR:** Lay the person on their side to prevent choking

**STEP FIVE:** Stay with the person until emergency workers arrive

## Using Naloxone Nasal Spray to Reverse an Opioid Overdose

**STEP ONE:** Open the package to remove the nose spray. Hold the spray with your thumb on the bottom of the plunger and two fingers on the sides of the nozzle.



**STEP TWO:** Place the tip of the nozzle in either nostril until your fingers touch the bottom of the person's nose.

**STEP THREE:** Press the plunger firmly to release the medicine into the person's nose.



**If breathing does not return to normal after 2-3 minutes** give an additional dose of naloxone nasal spray using a new device in the other nostril.



**STEP FOUR:** If the individual does not have a pulse and is not breathing, start CPR.

If the individual is breathing, make sure to lay them on their side to prevent choking (in case they vomit).



**STEP FIVE:** Wait for emergency responders. If you forgot to call 911 before administering naloxone, call now, even if the person wakes up. Why? After 30-90 minutes naloxone may wear off, and the person may start to overdose again.

If help takes longer than expected and the individual becomes unresponsive and stops breathing again, another dose of naloxone may be required.

**IMPORTANT:** If you suspect the individual has taken fentanyl, or another drug that may be cut with fentanyl (like heroin), more naloxone is needed to reverse the overdose. Experts recommend using **2-3 naloxone nasal sprays without waiting between doses. Because fentanyl is so common, some experts recommend using 2-3 naloxone nasal sprays without waiting between doses for anyone who might be overdosing on opioids.** After receiving 2-3 naloxone nasal sprays, an individual who is overdosing on opioids is likely to start breathing and become responsive.

## Keep in Mind

Naloxone nasal spray may result in withdrawal symptoms, like body aches, fever, runny nose, sweating, nervousness, and vomiting. These symptoms are not life threatening, and they will be managed by emergency responders.

## Different Ways of Giving Naloxone

Instead of naloxone nasal spray, a naloxone injection (shot) can also be used to reverse an opioid overdose.

For information about using the naloxone injection visit [www.npaihb.org/opioid](http://www.npaihb.org/opioid).

## To Get A Naloxone Nasal Spray Kit

To get a naloxone nasal spray kit contact your local Tribal clinic, IHS facility, or visit your local pharmacy. If you have trouble accessing a kit, contact [naloxone@npaihb.org](mailto:naloxone@npaihb.org) or 503-228-4185.

## There is Hope

We can heal our communities through educating ourselves and others, supporting each other, and seeking help when we need it.



Text 'OPIOIDS' to 97779 to receive videos, quizzes, facts, and more to grow your knowledge about opioids.



Visit the Northwest Portland Area Indian Health Board's website at [www.npaihb.org/opioid](http://www.npaihb.org/opioid) to learn more about treatments, reversing an overdose, and other important topics.

