Using Naloxone (Narcan) to Reverse an Opioid Overdose

What are Opioids?

Opioids are drugs – like heroin, fentanyl, and oxycodone - that block pain signals.

Signs of an Opioid Overdose

- Falling asleep or not conscious
- Slow breathing or no breathing
- Small pupils
- Limp body
- Cold, clammy, pale skin
- Blue fingernails or lips
- Choking, snoring, or gurgling sounds

Responding to an Overdose

1. **STEP ONE:** Call 9-1-1
2. **STEP TWO:** Give the person naloxone,
3. **STEP THREE:** If needed, provide rescue breaths or CPR
4. **STEP FOUR:** Lay the person on their side to prevent choking
5. **STEP FIVE:** Stay with the person until emergency workers arrive

Giving Naloxone

STEP ONE: Open packaging and place 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 two 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 they don't respond within about 2 minutes give another dose. It may take up to 4-5 doses (or more).

STEP FOUR: If they are not breathing, give rescue breaths. Start CPR if needed, and you know how.

STEP FIVE: Wait for emergency responders. If you forgot to call 911, 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 to arrive and the person is unresponsive and stops breathing again, you can give them more naloxone.

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. **Because fentanyl is so common, some experts recommend using 2-4 (or even more) naloxone nasal sprays for *anyone* who might be overdosing on opioids.** After receiving multiple naloxone nasal sprays, an individual who is overdosing on opioids is likely to start breathing and become responsive.

Tribal Opioid RESPONSE
Healing our Nations Together

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Fentanyl

Fentanyl is a strong opioid that is 50-100 times stronger than heroin. Fentanyl gets secretly added to many drugs, so many people don't realize they are taking it. Because fentanyl is so strong, it causes many overdoses and deaths.

Protecting Yourself from Fentanyl

It is not common to be harmed while helping someone who is overdosing – even if they are overdosing on fentanyl.

If you have gloves and a mask, use them to be extra safe. However, breathing in a small amount of fentanyl or getting powdered fentanyl on your skin won't harm you.

Dry fentanyl powder is not absorbed by skin. Your skin will only absorb fentanyl powder if it's mixed with a liquid.

If You Get Fentanyl Powder on You

- Brush off as much as you can
- Don't touch your mouth or eyes; fentanyl can be easily absorbed in those areas.
- Wash with a lot of water (because you want to dilute the fentanyl)
- Wash your clothes

Getting Naloxone

Contact your local Tribal clinic, IHS facility, or visit your local pharmacy. If you have trouble accessing naloxone, contact naloxone@npaihb.org.

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 94449 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 to learn more about treatments, reversing an overdose, and other important topics.

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