

## Opioid Overdose Prevention and Naloxone Distribution

**Step 1: Check for signs of overdose: Death from OD rarely occurs immediately! Face is pale or clammy**

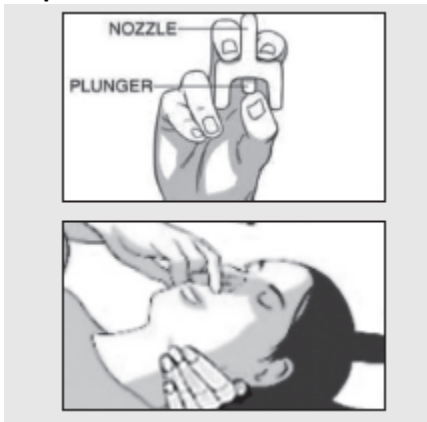
- Body is limp
- Fingernails or lips have bluish tinge
- Vomiting or gurgling noises
- Cannot be awakened and is unable to speak – try sternal rub
- Breathing is slow or stopped - **(less than 12 breaths a minute)**
- Heartbeat is slow or stopped - **(for most people this will be less than 55 beats a minute)**

**Step 2: Call for help – 911**

**Step 3: Support Breathing if inadequate respirations and/or poor skin color**

- Inadequate breathing = not enough oxygen
- Rescue breathing can prevent death
- Next steps are for overdose victims:
  - a. 2 initial breaths follow by 1 breath every 5 to 10 seconds

**Step 4: Naloxone administration**



**If no reaction in 2-5 minutes, give the second capsule!!!**

**Step 5: Place in The Recovery Position to protect the airway**

- Arm nearest you at right angle
- Other arm across chest and against cheek nearest you
- Grab farthest leg above knee and roll over towards you
- Keep head tilted so airway clear



**Step 6: Monitor Response**

- All patients should be monitored after giving naloxone.
- Naloxone will work within 3-5 minutes (give rescue breathing until naloxone effective)
- Naloxone will work for 30-90 minutes but symptoms can come back
- GET to the nearest EMERGENCY ROOM ASAP even if the patient responds!!

**Death from OD rarely occurs immediately! Survival depends on someone being there to respond!**



We strongly recommend that all take BLS and learn CPR.

[www.heart.org](http://www.heart.org)