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.
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