

# WHAT ARE OPIOIDS?

Opioids are a class of drugs that attach to opioid receptors in our brain and body to reduce pain, stop coughing and promote feelings of pleasure and relaxation. Taking too many opioids can slow your breathing and heart rate. This can lead to a lack of oxygen in your brain, coma, heart stopping and death. This process can occur within minutes or hours. Time is critical to saving a life.

Common prescription opioids include:

fentanyl (*Duragesic*®), hydrocodone (*Vicodin*®, *Lortab*®, *Norco*®), oxycodone (*OxyContin*®, *Percocet*®), buprenorphine (*Subutex*®, *Suboxone*®), methadone, morphine, codeine

Heroin is also an opioid.

# WHAT IS NALOXONE?

Naloxone (*Narcan*®, *Evzio*®) is a drug that temporarily reverses the dangerous effects of an opioid overdose. It helps a person to breathe again and wakes them up. Naloxone can be given every two to three minutes and only works if you have opioids in your body. A person cannot get high on naloxone or become addicted to it.

**EFFECTIVE ONLY  
for 30–120 minutes.**



# RESOURCES

## OVERDOSE ACTION NALOXONE TRAINING

Online naloxone training for first responders and laypeople  
[overdoseaction.org](http://overdoseaction.org)

## HARM REDUCTION COALITION

National coalition on overdose prevention  
[harmreduction.org](http://harmreduction.org)

## PRESCRIBE TO PREVENT

For prescribers and dispensers  
[prescribetoprevent.org](http://prescribetoprevent.org)

## SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

Online SAMHSA Opioid Overdose Prevention Toolkit  
[samhsa.gov](http://samhsa.gov)

## PRESCRIPTION DRUG ABUSE POLICY SYSTEM

Overdose prevention access laws in the United States  
[pdaps.org](http://pdaps.org)

## SAMHSA NATIONAL HELPLINE

Free, confidential, 24/7, 365-day-a-year treatment referral and information service for anyone facing mental or substance use disorders  
1-800-662-HELP (4357)

## SAMHSA TREATMENT LOCATOR

Search tool to help individuals find a local treatment center  
[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

## Opioid Overdose Deaths are Preventable

If you suspect someone is experiencing an opioid overdose, have your **naloxone** accessible and take immediate **A.C.T.I.O.N.**

Funding provided by an AANP grant  
© 2017 The Regents of the University of Michigan. All Rights Reserved.

Prepared by Chin Hwa (Gina) Dahlem PhD, FNP-C, FAANP, and  
Maya Doe-Simkins MPH, co-founder of Harm Reduction Michigan

Design and layout by Woori Songhausen

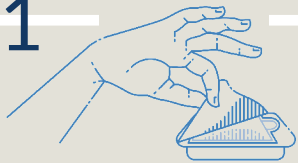
# OPIOID SAFETY AND NALOXONE

TAKE **A.C.T.I.O.N.**  
AND SAVE A LIFE  
[aanp.org](http://aanp.org)

**AANP** | American Association of  
NURSE PRACTITIONERS®

## INSTRUCTIONS FOR NARCAN<sup>®</sup> INTRANASAL SPRAY

1



Remove from packaging.

2



Tilt person's head; place tip of nozzle in either nostril.

3



Push on the plunger to spray.  
Nozzle must be completely in nostril.

## SIGNS OF OVERDOSE

- Blue lips and/or fingernails, ashen for deeper skin tones
- Unresponsive to pain stimulus
- Pinpoint pupils
- Breathing that is slowed, uneven or has stopped
- Deep snoring or gurgling noises
- Clammy skin

## WHAT NOT TO DO

- Do not delay calling 911
- Do not inject anything except naloxone
- Do not put the person in a bath or shower
- Do not give the person anything to drink
- Do not pour water over the person's face
- Do not hit the person too hard
- **Do not leave the person until help arrives**

Suspect a person is overdosing?

# REMEMBER TO TAKE A.C.T.I.O.N.

### Arouse (Three S's)

- Shout the person's name
- Shake shoulders vigorously
- Sternal rub

### Check for Signs of Overdose

- Slowed or no breathing
- Blue/gray lips or fingernails
- Deep snoring/gurgling noises
- Unresponsive to pain
- Pinpoint pupils
- Clammy skin

### Telephone 911

Stay with the person until help arrives

### Intranasal/Intramuscular Naloxone

#### Oxygen

- Rescue breaths: one breath every five to six seconds
- CPR if you know the proper technique OR follow dispatch instructions

#### Naloxone Again

- If no response after two to three minutes of first dose, repeat naloxone
- If you need to leave the person, or if vomiting occurs, place them in recovery position (see picture below)
- **Stay with the person until help arrives**



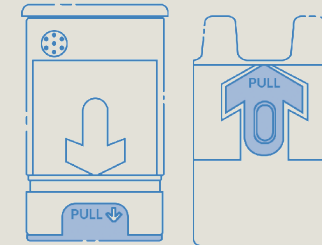
## PREVENTING ACCIDENTS

- Do not mix with other drugs, especially benzodiazepines or anything that can make someone sleepy
- Take your medication as prescribed
- Store your medication in a secure place out of the reach of children or pets
- Dispose unused medications properly.  
*Search for "Disposal of Unused Medicines: What you Should Know" at [fda.gov](http://fda.gov).*

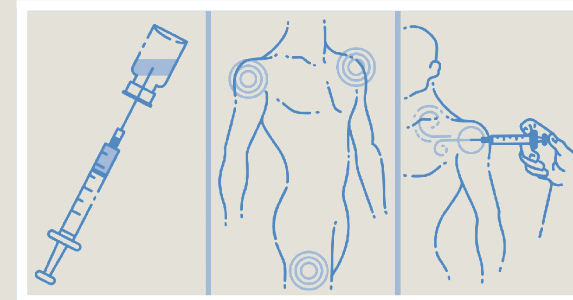
## EVZIO<sup>®</sup> AUTO-INJECTOR

Follow voice-activated instructions.

EVZIO<sup>®</sup> does not require assembly.



## INSTRUCTIONS FOR INTRAMUSCULAR NALOXONE



1. Pop off orange top from the naloxone vial.
2. Insert 23-25 G, 1-1.5 inch needle into the vial and draw 1 mL of naloxone into the syringe.
3. Inject naloxone into upper arm or outer thigh (through clothes, if needed).
4. Push in plunger all the way.