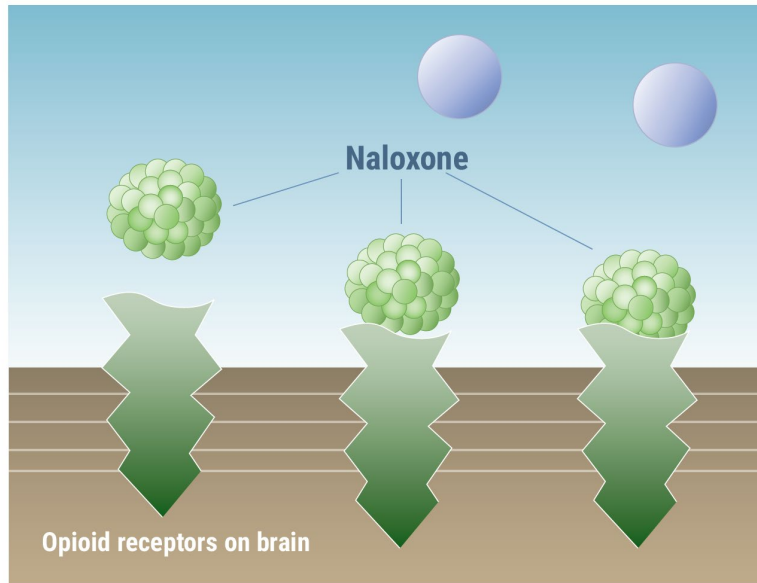


Naloxone Training

Overdose is REVERSIBLE
Death is NOT

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Behavioral Health & Recovery Services
San Mateo County

Naloxone: Mechanism of Action



- Highly specific, high-affinity opioid antagonist
- Reverses the effects of opioids
- Lasts 30-90 minutes

Steps in an Opioid Overdose

1. Assess & Stimulate
2. Call 911
3. Give Naloxone
4. Perform Rescue Breathing
5. Stay & Assist

Assess – Recognizing an Opioid Overdose

- “Opioid Overdose Triad”
 - Pinpoint pupils
 - Unconsciousness
 - Respiratory depression
- Cold clammy sweaty skin
- Blue lips or fingertips (lack of oxygen)

Assess – Recognizing an Opioid Overdose



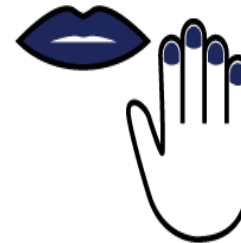
Not responsive to
noise or touch



Breathing will be slow
or absent



Choking, gurgling or
snoring sounds



Lip or nails are blue,
skin is cold or clammy



Pupils are tiny

Assess & Stimulate

- Is the victim responding?
- Give a gentle shake, yell his/her name
- Do a sternal rub
- Any response? Are they breathing?

Steps in an Opioid Overdose

1. Assess & Stimulate
2. Call 911 to activate Emergency Services
3. Give Naloxone
4. Perform Rescue Breathing
5. Stay & Assist

Recovery Position

If the victim needs to be left alone, place them in recovery position



- Turn to one side, place hand against chin
- Bend knee against floor
- Tilt head back, lift chin to open up the airway

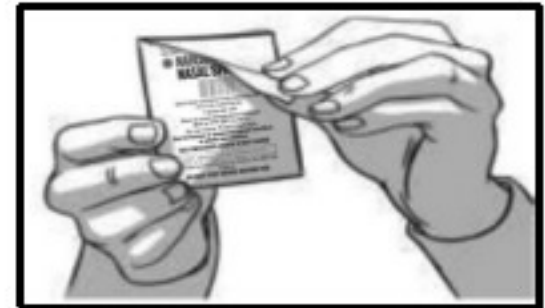
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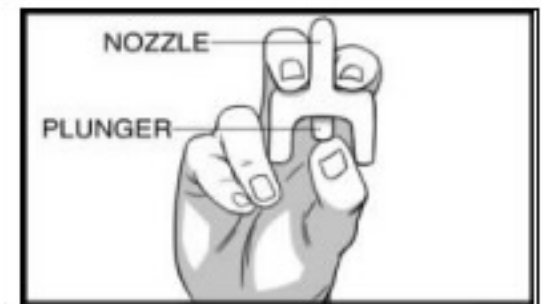
Administering Naloxone

Step 1. Lay the person on their back to receive a dose of NARCAN Nasal Spray.

Step 2. Remove NARCAN Nasal Spray from the box. Peel back the tab with the circle to open the NARCAN Nasal Spray.



Step 3. Hold the NARCAN Nasal Spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



Step 4. Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into **one nostril** until your fingers on either side of the nozzle are against the bottom of the person's nose.



Administering Naloxone

Step 5. Press the plunger firmly to give the dose of naloxone nasal spray

Step 6. Remove the naloxone nasal spray from the nostril after giving the dose



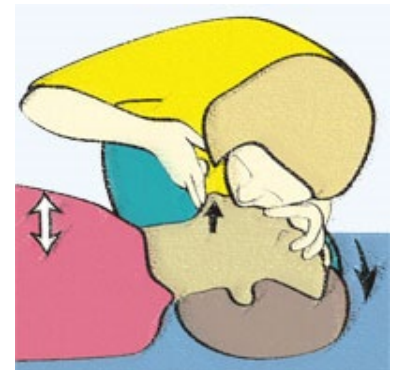
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Rescue Breathing

Give rescue breaths if not breathing

- Roll the person onto their back
- Make sure mouth is clear
- Tilt head back, lift chin, pinch nose
- Give 2 breaths to start & then 1 breath every 5 seconds
- Chest should rise



Give 2nd naloxone dose, if no response in 2-3 minutes using a new naloxone nasal spray in the other nostril

Follow 911 dispatcher instructions

Steps in an Opioid Overdose

1. Assess & Stimulate
2. Call 911 to activate Emergency Services
3. Give Naloxone
4. Perform Rescue Breathing
5. Stay & Assist

Staying with the Victim

- Stay until help arrives to provide support & make sure the overdose does not come back
- Naloxone wears off in about 30-90 minutes

Staying with the Victim

- Monitor for
 - Withdrawal symptoms
 - Return of overdose symptoms
 - Prevent choking/aspiration
- Place the victim in recovery position, if unable to sit up

Thank You for
Helping Save Lives!