

# PREVENT RECOGNIZE & RESPOND

AN OPIOID  
OVERDOSE.

An easy guide to being a rescue buddy.



ADD  
DOSE  
OF  
REALITY

## RECOGNIZE

### SIGNS OF OPIOID OVERDOSE

- Slow breathing or not breathing at all - if still breathing there may be snoring or gurgling sounds.
- Blue or purplish skin (especially lips and nail beds).
- Won't respond to attempts to wake the person.

## RESPOND

**STEP 1:** Rub the breast bone.

**STEP 2:** Call 911 and tell them someone is unconscious and not breathing.

**STEP 3:** Give two breaths, one right after the other.

**STEP 4:** Give naloxone (Narcan).

**Step 5:** Continue rescue breathing, 1 breath every 5 seconds. Continue for 3 minutes, if no response, give second dose of Narcan.



**1. CALL 911**



**2. RESCUE BREATHING**



**3. GIVE NALOXONE (NARCAN)**

Bernalillo: (505) 328-1391

Doña Ana: (575) 525-5870

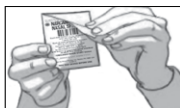
Santa Fe / Rio Arriba: (505) 270-5943

## PREVENT

- Use heroin or other opioids safely to avoid an overdose event in the first place - once an OD has occurred, it's a medical emergency.
- Use prescription opioids as prescribed, do not share.
- Use one drug at a time—if using multiple drugs, use less of everything.
- Have a rescue buddy that knows where naloxone is and how to use it.
- Don't use drugs alone.

## HOW TO GIVE NARCAN

**1**



Remove NARCAN Nasal Spray from the box. Peel back the tab to open the spray.

**3**

With the person on their back, tilt their head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into one nostril until your fingers reach the bottom of their nose.



**2**

Hold the nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



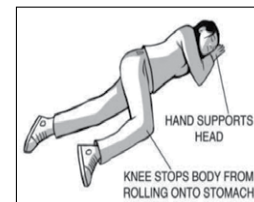
**4**

Press the plunger firmly to give the dose of NARCAN Nasal Spray. Remove the nozzle from the nostril after giving the dose.



## AFTER THE PERSON WAKES UP

- If possible, stay with the person until medical help arrives. They can overdose again even after they wake up—the naloxone will start to wear off in 30-90 minutes.
- Don't let the person use more drugs.
- Place them in the recovery position.



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### SIGNS OF OPIOID OVERDOSE

- Slow breathing or no breathing at all. Still breathing, there may be snoring or gurgling sounds.
- Blue or purple skin, especially lips and nail beds.
- Won't respond to attempts to wake the person.

## RESPOND

**STEP 1:** Rub the breast bone.

**STEP 2:** Call 911 and tell them someone is unconscious and not breathing.

**STEP 3:** Give two quick breaths.

**STEP 4:** Give naloxone (Narcan).

**Step 5:** Continue rescue breathing, 1 breath every 5 seconds. Continue for 3 minutes, if no response, give second dose of Narcan.



1. CALL 911



2. RESCUE BREATHING



3. GIVE NALOXONE (NARCAN)

Bernalillo: (505) 264-1638

Doña Ana: (575) 525-5870

Santa Fe / Rio Arriba: (505) 670-4220

## PREVENT

- Use heroin or other opioids safely to avoid and overdose event in the first place - once and OD has occurred, it's a medical emergency.
- Use prescription opioids as prescribed. Do not share.
- Use one drug at a time. Do not use multiple drugs. Use less of everything.
- Have a rescue buddy who knows where naloxone is and how to use it.
- Don't use drugs alone.

## HOW TO GIVE NARCAN

1



Remove NARCAN Nasal Spray from the box. Peel back the cap to open the spray.

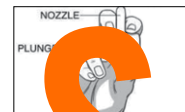
3

Place the person on their back. Tilt their head back and provide support over the back with your hands. Gently insert the tip of the nozzle into the nostril. Push your fingers up the bottom of their nose.



2

Hold the nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



Press the plunger firmly to give the dose of NARCAN Nasal Spray. Remove the nozzle from the nostril after giving the dose.



## AFTER THE PERSON WAKES UP

- If possible, stay with the person until medical help arrives. They can overdose again even after they wake up—the naloxone will start to wear off in minutes. Don't let the person use more drugs. Place them in the recovery position.

