

NALOXONE: SIMPLE STEPS THAT SAVE LIVES

? WHAT IS NALOXONE?

Naloxone is a medication that can reverse opioid overdose/toxicity. When given, it can temporarily replace opioids in the body.



SYMPTOMS OF OPIOID TOXICITY:

- Slowed/no breathing/breathing changes (gurgling)
- Not responding to being touched
- Blue lips
- Pale, cold skin
- Very small, pinpoint pupils

These symptoms do not all have to be present to use naloxone!

WHAT MIGHT INCREASE THE RISK OF OPIOID TOXICITY?

- People older than 65
- Health conditions that affect breathing
- Taking high doses of opioids
- Missing a few days of taking an opioid and then restarting again
- Recent increases in the amount of opioid being taken
- Drinking alcohol
- Taking other medications such as sleeping pills (e.g., zopiclone), some nerve pain pills (e.g., gabapentin, pregabalin), or anxiety pills (e.g., lorazepam)

WHY SHOULD EVERYONE CARRY A NALOXONE KIT?

- Opioids can cause toxicity even when taken as prescribed.
- Children might accidentally find and take medication meant for someone else.



ANYONE taking opioids can experience toxicity. It's worth noting that opioid overdose/toxicity often happens by **ACCIDENT**.



Naloxone is a **LIFE-SAVING** medication. **ANYONE** who thinks they might benefit from a naloxone kit should have one!

SAVE ME STEPS

The following steps describe how to respond to an opioid toxicity.

S - Stimulate

Suspect opioid toxicity? Call 911.

A - Airway

Lie on back and tilt chin up slightly. Remove gum or other substances from the mouth if needed.

V - Ventilate

1 breath every 5 seconds.

E - Evaluate

Evaluate breathing.

M - Medication

Give 1 dose of naloxone. If you do not have another dose to give, continue giving rescue breaths as needed until help arrives.

E - Evaluate & Support

Assess responsiveness and keep giving breaths. Give another dose every 3 minutes until breathing normally. Give 1 breath every 5 seconds or so and no gurgling or choking sounds.

NEXT STEPS AFTER A DOSE OF NALOXONE WAS GIVEN

1. Continue with rescue breaths and provide extra naloxone doses as per the SAVE ME steps.
2. Stay with the individuals until the first responders arrives and help them stay calm.

Naloxone can cause temporary opioid withdrawal symptoms such as agitation, nausea, vomiting, and a fast heart rate! Provide reassurance that these are temporary and will pass. Let them know help is on the way.

ADDITIONAL RESOURCES

Naloxone 101 Course



Take Home Naloxone Sites



Online version of brochure



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