

# Naloxone

## Responding to Opioid Overdose



### What is an opioid overdose?

- too much opioid can make people lose the urge to breathe
- slowed breathing can decrease oxygen delivery to the brain
- this can lead to permanent brain damage or death



**Anyone can overdose,** including people taking prescription opioids for pain



**Overdose risk is complicated** and depends on several factors



**Risk is very personal** as each person can have a different response to the same amount of a substance

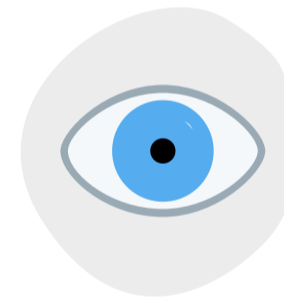
### What does an overdose look like?



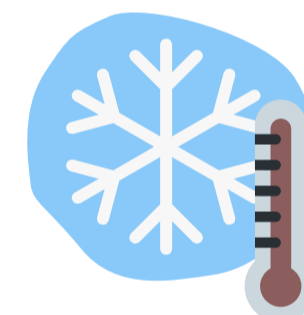
Very sleepy/  
not responding



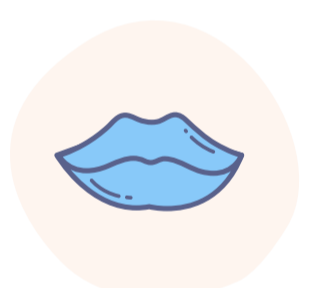
Soft/no breath  
or snoring



Tiny (pinpoint)  
pupils



Cold,  
clammy skin



Blue lips,  
nails or skin

### What is the risk?

Many things can increase the risk of opioid overdose.  
More risk factors = higher chance of overdose



#### History

- Increasing age
- Lung, liver & kidney problems
- Mental health concerns
- Sleep apnea



#### Opioid Use

- Any dose, especially as doses **↑**
- Taking differently than prescribed
- Previous opioid overdose
- Injected forms riskier than oral
- Non-prescription opioid source



#### Other Substances

- Alcohol
- Benzodiazepines
- Sleep aids
- Certain antidepressants
- Pregabalin & gabapentin
- Cannabis
- Stimulants
- Illicit drugs/substances

**Tolerance** is your body's ability to get used to a consistent opioid dose over time.

Sudden loss of tolerance **increases the risk of overdose dramatically**, and can happen when you are sick or if you are weaning down on your opioid dose. **Never take more opioid than prescribed.**

# Naloxone

## Responding to Opioid Overdose

### What is naloxone?

Naloxone is an injectable medication that **temporarily** reverses slowed breathing from too much opioid.



**Remember:** Someone who overdoses will not be able to use naloxone on their own. Other adults/teenagers in the home should know where to find and how to give naloxone.

### MAKE A PLAN

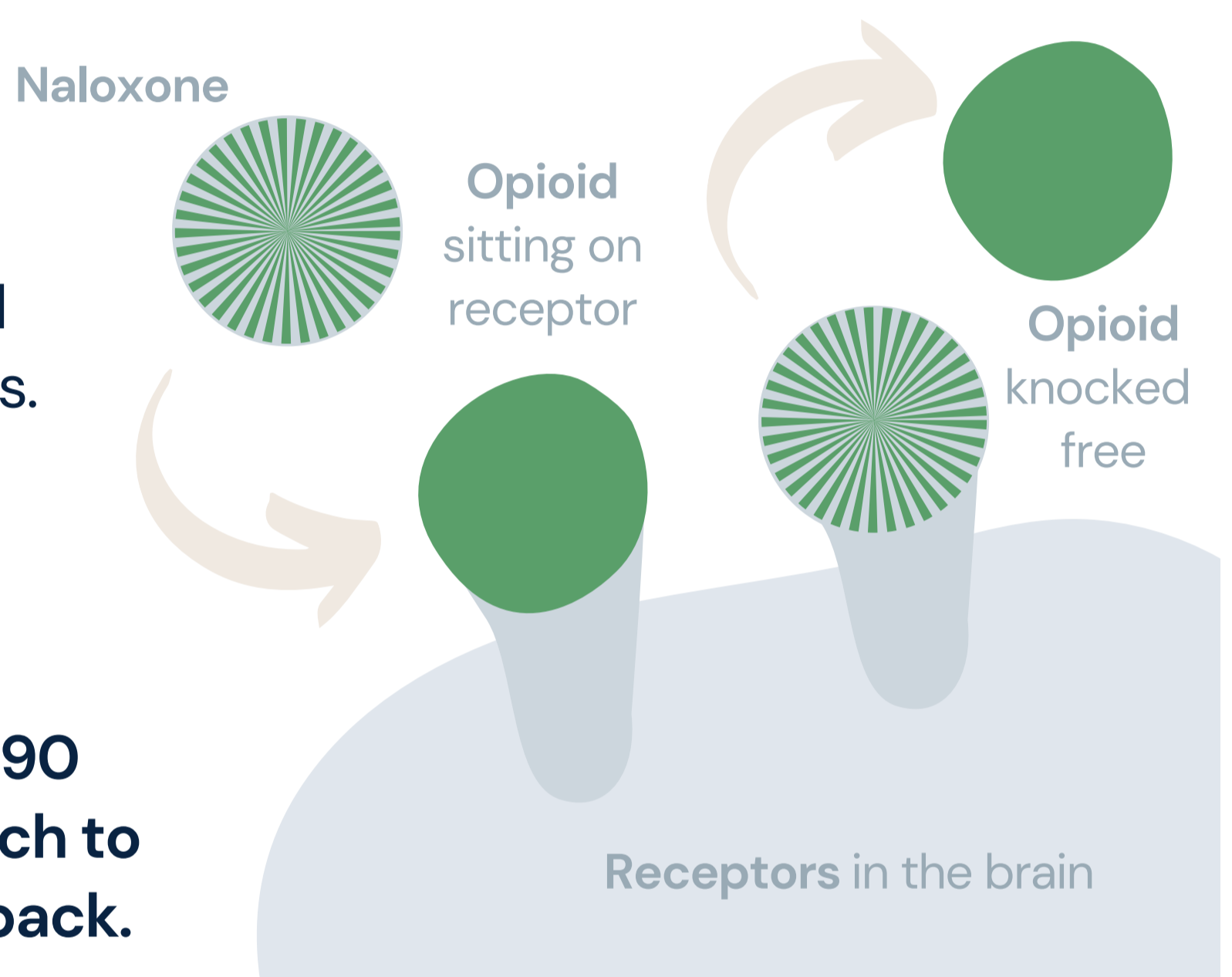
If you take opioids for chronic pain or are close to someone who uses opioids, it is a good idea to have a naloxone kit on hand.

### How does naloxone work?

With too much opioid in the body, too many brain receptors have opioid attached and breathing slows or stops.

Naloxone binds to receptors very strongly so it can knock off opioids from the receptor for a short time.

**\* When naloxone wears off after 30 – 90 minutes, leftover opioid can re-attach to receptors and overdose can come back.**



## Responding to an overdose – how to use naloxone

# SAVE MME



### Stimulate

- shout their name
- tell them to breathe
- rub the sternum
- if not responding, **call 911**



### Airway

- clear out mouth
- tilt head back



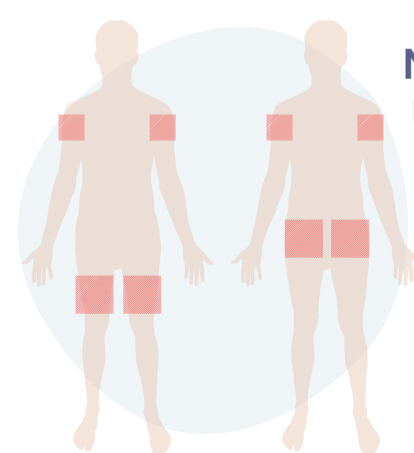
### Ventilate

- pinch nose
- give 2 big breaths
- ensure chest rises
- give 1 breath every 5 seconds



### Evaluate

- if person starts breathing, wait with them for EMS
- if still not breathing, give naloxone



Naloxone starts to restore breathing in 2 – 5 minutes



### Muscle Injection Evaluate

- follow instructions in the kit to prepare the dose of naloxone
- pick the muscle site (thighs, butt, upper arms)
- inject the naloxone (can go through clothing if needed)
- if person starts breathing, wait with them for EMS
- if still not breathing, give 1 breath every 5 seconds
- give naloxone again in **4 - 5 minutes**