

## WHAT ARE OPIOIDS?

Opioids are a class of drugs that reduce pain and promote feelings of pleasure and relaxation. Taking too many opioids slows your breathing which leads to lack of oxygen in your brain, coma, heart stopping, and death. This process can be fast, so time is critical to saving a life.

**Common opioids include prescription opioids, heroin, and illicit fentanyl.**

## WHAT ARE THE SIGNS OF AN OVERDOSE?

- Blue lips/fingernails (ashen if darker skin)
- Breathing that is infrequent, uneven or has stopped
- Deep snoring or gurgling noises
- Unresponsive to pain stimulus
- Pinpoint pupils

## WHAT IS NALOXONE?

- Naloxone (Narcan,<sup>®</sup> Evzio<sup>®</sup>) is a drug that temporarily reverses the dangerous effects of an opioid overdose
- Naloxone can be given every 2-3 minutes, but only works if opioids are in your body
- Works for reversing fentanyl overdoses
- A person cannot get high on it or become addicted to it

**EFFECTIVE ONLY FOR 30 TO 120 MINUTES**

# resources

OVERDOSE ACTION NALOXONE TRAINING:  
[overdoseaction.org](http://overdoseaction.org)

For opioid overdose naloxone training

## TREATMENT CENTERS

HOME OF NEW VISION  
[homeofnewvision.org](http://homeofnewvision.org)  
734.975.1602 - Even Month Birthdays

DAWN FARMS  
[dawnfarm.org](http://dawnfarm.org)  
734.669.8265 - Odd Month Birthdays

If you live in:  
**Livingston County, MI** - 517.546.4126  
**Monroe County, MI** - 734.243.7340  
**Lenawee County, MI** - 517.263.8905

## HARM REDUCTION AND SYRINGE ACCESS

UNIFIED  
[miunified.org](http://miunified.org)  
734.961.1082

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# opioid safety & naloxone

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

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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

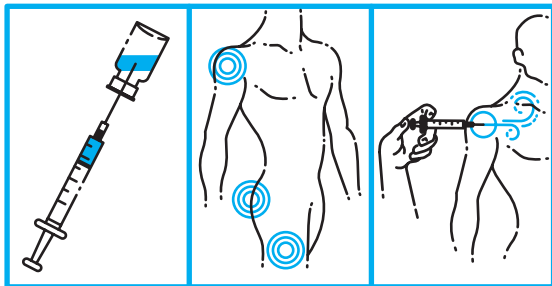
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## HOW TO PREVENT OVERDOSE AND REDUCE HARM

- Do not mix with other drugs especially alcohol, benzodiazepines, and anything that makes you sleepy
- Store your medication out of reach of children or pets
- Reduce substance amounts
- Be aware of the tolerance changes in your body
- Go slow if injecting drugs
- Alternate injection sites
- Train family/friends to call for help and know where naloxone is stored and how to use it
- Go slow, never use alone, and carry naloxone
- Dispose unused medications properly: [michigan.gov/doyourpart](http://michigan.gov/doyourpart)

### INSTRUCTIONS FOR

# intramuscular naloxone



1. Pop the orange flip top from the naloxone vial
2. Insert 23-25G, 1-1.5 inch needle into the vial and draw 1 mL of naloxone into syringe
3. Inject needle straight into muscle (through clothes, if needed), then push in plunger all the way

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



## 1: AROUSE (3 "S")

- Shout their name
- Shake shoulders vigorously in attempts to arouse
- Sternal rub



## 2: CHECK FOR SIGNS OF OVERDOSE

- Slowed or no breathing
- Blue/gray lips or fingernails
- Deep snoring/ Gurgling noises
- Unresponsive to pain



## 3: TELEPHONE 911

- Call 911



## 4: INTRAMUSCULAR/ INTRANASAL NALOXONE

- Give naloxone



## 5: OXYGEN

- Do rescue breaths: 2 breaths initially, then 1 breath every 5-6 second OR Start CPR if you know how OR follow dispatch instructions



## 6: NALOXONE AGAIN

- Repeat naloxone in 2-3 minutes if the person does not resume breathing.
- Recovery position (side lying) if you must leave the person unattended or the person vomits.

- Stay with the person if safe to do so until help arrives.



## INSTRUCTIONS FOR narcan<sup>®</sup> nasalspray

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



1

Peel open the package.



2

Place the nozzle in the nostril.



3

Push the plunger to spray.

\* Do NOT push the plunger until the nozzle is in the nostril. NO TEST SPRAY is needed. If still not breathing in 2-3 minutes, use the 2nd spray.

## WHAT NOT TO DO IN OVERDOSE

- Do not DELAY calling 911
- Do not put the person in a bath or in shower
- Do not give the person anything to drink
- Do not inject the person with anything
- Do not pour water over the face or slap too hard
- Do not leave the person till help arrives