

# OPIOID OVERDOSE RECOGNITION

## What are Opioids?

Opioids are drugs that alter the body's perception of pain. They remain among our most important and effective tools for treating many different types of pain. Examples of opioids include:

<b>hydrocodone</b> (Lortab, Norco)	<b>morphine</b> (MS Contin)
<b>oxycodone</b> (Oxycontin, Percocet)	<b>diacetylmorphine</b> (heroin)
<b>hydromorphone</b> (Dilaudid)	<b>fentanyl</b> (Duragesic, Sublimaze, Actiq)

## What is an Overdose?

Opioids work in the same part of the brain that controls breathing. Overloading the brain with opioids can slow down or shut down breathing and lead to death. This is an opioid overdose. It's important to give naloxone quickly when you suspect an overdose. If an overdose is not reversed, it is likely that this person will eventually stop breathing and die.

***A person who has overdosed will be unable to wake up or talk to you.*** Never let them sleep it off!

- They may be breathing slowly - less than once every 5 seconds.
- They may be breathing shallowly - their chest or belly may move only a little with each breath.
- They may be making snoring, gurgling, or rattling sounds.
- Their skin may be pale, cool, and clammy.
- Their lips or fingernails may be gray or blue.
- They may not be breathing at all.

If you think someone may have overdosed, make every effort to wake them up. You can shout at them or try to shake them awake. If they do not wake up, you should give them naloxone.

Even if you do not think they can hear you, explain loudly and clearly that you are going to give them naloxone.

If someone else is there with you, they can call 911.

## What is Naloxone?

Naloxone is a medication that temporarily reverses opioid overdose. It works by blocking the effects of opioids in the brain. It is available in both nasal spray and injectable forms.

Naloxone is a *very* safe medication. If you give naloxone to someone who has not taken opioids, it cannot hurt them - it will not have any effect at all. Even though naloxone only reverses opioids, it's safe to use even if you are not sure what someone has taken, or you don't know why you can't wake them up.

## Reducing Risk

Unregulated fentanyl is the cause of most opioid overdoses. It may be:

- sold as or mixed with heroin,
- mixed into cocaine or methamphetamine,
- or pressed into counterfeit pills.

When using opioids:

- Start with the lowest dose.
- Be aware that using multiple drugs increases risk and tolerance is lower after taking a break from using opioids.
- Have naloxone nearby. Try to make sure someone is there to administer it.
- Call Never Use Alone at 800-484-3731.

## Good Samaritan Law

KRS 218A provides some immunity for drug possession and paraphernalia charges when seeking medical assistance for overdoses.

These protections do not apply to outstanding warrants, probation or parole violations, or other non-drug related crimes.

To activate these protections, the caller must tell the 911 dispatcher that they believe they are responding to an overdose.



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# OPIOID OVERDOSE RESPONSE

## ADMINISTERING NALOXONE

### Nasal Spray

Position the person on their back, if possible.

#### PEEL

Peel back the foil and remove naloxone spray from the packaging.



#### PLACE



Hold the naloxone spray with two fingers on either side of the nozzle. Gently insert the nozzle into one nostril.

#### PRESS

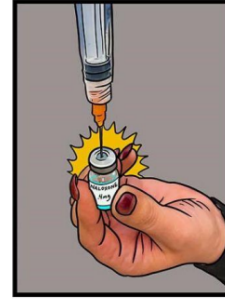


Press the plunger all the way in until it clicks. This releases the entire dose.

### Intramuscular (IM) Injection



Remove the cap from the glass vial.



Place the needle into the vial.



Draw all of the naloxone into the syringe.



Insert the needle all the way into an upper arm or thigh muscle

Inject the full dose of naloxone.



### Naloxone takes 2-3 minutes to work!

**Wait at least 2 minutes for a response before giving more naloxone!** If you are alone with the person who's overdosed, now you can call 911. To prevent choking, roll them on their side with their knee and elbow in front.

A person who has overdosed may wake up after naloxone administration **or** they may remain unconscious if non-opioid drugs are present. **If someone who received naloxone is breathing slowly, shallowly or not at all,**

### RESCUE BREATHING IS ESSENTIAL!

Place them on their back. Make sure nothing is in their mouth. Place a barrier mask if you have one.

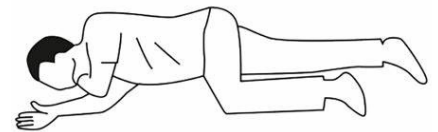


Tilt their head back, lift their chin and pinch their nose closed. This opens the airway.



Give one breath slowly, watching to see their chest rise. Continue giving one breath every five seconds.

Give rescue breaths for at least 2 minutes, then give another dose of naloxone if you continue to see signs of overdose. If they start to gurgle or breathe on their own, stop and roll them onto their side.



### Aftercare

**"I think you overdosed, so I gave you naloxone. I'm here to help and I'll stay here to make sure you're ok."**

If this is someone who uses opioids regularly, they may be in severe opioid withdrawal. they may want to use again. Assure them that they will feel better when the naloxone wears off. If they refuse medical care, try to have someone they trust stay with them for the next several hours or overnight. Try to make sure they have more naloxone.



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