



SIERRA
HARM REDUCTION
COALITION

CONTACT US:
information@shrcoalition.org
www.shrcoalition.org

BUSINESS HOURS
Weekdays 9 AM - 5 PM
Weekends as we can :-)

Using Naloxone (Narcan®)

Naloxone (NARCAN®) is a very safe medication that can save someone's life by reversing the effects of an opioid overdose. Naloxone (NARCAN®) is non-toxic and will not harm either the person helping, or the person being helped, nor can anyone get "high" from Naloxone (NARCAN®).

Overdose Signs



- Cannot be woken upon not moving
- Breathing slow or absent
- Choking, coughing, gurgling, or snoring sounds
- Cold or clammy skin
- Bluish lips or nose
- Tiny pupils

Check for a Response



- Shake them and shout to wake them up
- Rub knuckles into chest bone for 5-10 seconds
- If there is no response, call 911. **To 911 say, "Not breathing. Unresponsive. Possible overdose". This protects you as a Good Samaritan**
- If possible find another person to assist

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WE HELP EACH OTHER,
HELP EACH OTHER.



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Give Naloxone (Narcan®)



- Remove naloxone spray from the box
- Peel back the top with the circle to open the naloxone nasal spray
- Play stump on the bottom with index and middle fingers on sides of the top
- Tilt the person's head back and support under the neck with your hand
- Insert nozzle into nostril and press plunger to give an entire dose of naloxone

Perform Rescue Breathing



- Performing rescue breathing (place face shield optional)
- Tilt head back, lift the chin, and pinch nose
- Give one breath into the mouth every 5 seconds
- If there is **no breathing in 2-3 minutes, give a second dose of naloxone. Please wait the full 2-3 minutes before giving the new dose**
- Give the person a second dose if they stop breathing again.

Recovery Position



- Use recovery position if breathing but unresponsive:
- a. Raise arm
 - b. Support head
 - c. Lift leg
 - d. Roll Over
 - e. Rest head on arm/shoulder

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