

NALOXONE: FIVE STEPS TO SAVE A LIFE

1

SHAKE & SHOUT

Shake victim's shoulders and shout their name to try to wake them up.



2

CALL 911

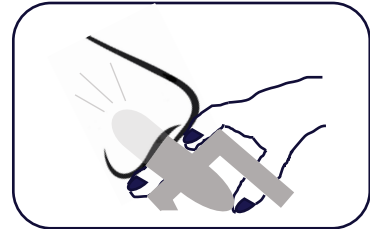
Say that someone is not responding and not breathing well.



3

GIVE NALOXONE

One spray in nostril or one injection in leg.



4

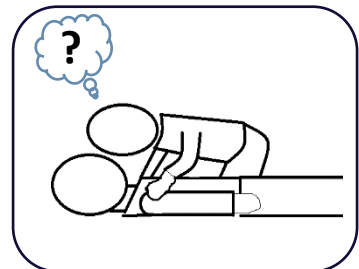
START CPR

If victim is **breathing slowly or noisily**, pinch their nose and use barrier to give **1 rescue breath** every 5–10 seconds. If victim **isn't moving, breathing, or making noise**, start **chest compressions** and, if you can, give **2 rescue breaths** every 30 compressions.

5

IS IT WORKING?

Repeat steps 3 and 4 if no response after 2-3 minutes. Never leave the person alone.



ABOUT OPIOID OVERDOSE

HOW CAN I REDUCE OVERDOSE RISK?

1. **Always use drugs with a companion.** If one of you overdoses then the other can give naloxone and call 911.
2. **Have a naloxone kit with you** whenever you use or are with people who are using.
3. **Don't combine opioids with alcohol or other sedating drugs.**
4. **Use a small amount only.**
5. **Purchase drugs from a source you trust.** The safest opioids are pills prescribed by a physician. Pills made by drug dealers are often laced with fentanyl.

WHAT ARE THE SIGNS OF AN OVERDOSE?

- Very slow to respond to voice or shaking
- Breathing is slow, irregular or has stopped
- Snoring or gurgling sounds
- Purple or blue fingernails or lips
- Tiny pupils
- Limp body

WHAT IS NALOXONE?

Naloxone is a drug that can **temporarily** reverse an overdose from opioids, such as fentanyl, heroin, oxycodone, morphine, hydromorphone, or methadone.

HOW DO I GIVE NASAL SPRAY NALOXONE?

1. Lay the person on their back.
2. Peel the package open and hold the device.
Do not press until ready to give naloxone.
3. Place the tip in the nostril.
4. Press firmly to spray.