

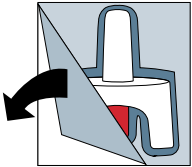
Directions for Naloxone Use to Prevent an Opioid Overdose

Anyone who uses opioids can overdose and should carry Naloxone

How to use Naloxone

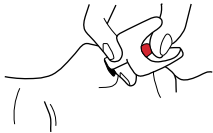
Nasal spray — needs no assembly. Do not test the device. Each device only works once. You may need both devices.

1



Peel back the package to remove the device.

2



Place and hold the tip of the nozzle in either nostril.

3



Press the plunger firmly to release the dose into nose.

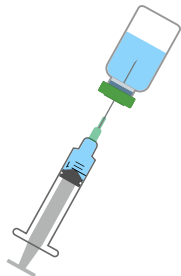
Injectable — This requires assembly.

1



Remove cap from naloxone vial and uncover the needle.

2



Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 ml.

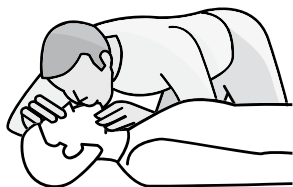
3



Inject 1 ml of naloxone into an upper arm or thigh muscle.

Rescue Breathing

1. Lay the person flat on their back.
2. Gently tilt their head. Pinch their nose.
3. Give 2 quick breaths into their mouth. The chest (not stomach) should rise.
4. Give 1 slow breath every 5 seconds until they start breathing or wake up.



Responding to an Opioid Overdose:

During an opioid overdose, breathing can stop in a matter of minutes. Knowing the steps to act **FAST** and increase oxygen could help save a life.

1. Check for a response

Shake them and call their name, rub your knuckles hard over their chest bone — perform the sternum rub for 10 seconds as hard as possible.

2. Call 9-11

Tell the operator that someone isn't breathing and your exact location. You do not have to say anything about drugs or medicines at the scene. The WA State Good Samaritan Law offers protections when you call 9-1-1 for an overdose (RCW 69.50.315).

3. Give naloxone

4. Start rescue breathing

5. Repeat steps 3 & 4 if no response

6. You may need to give a second dose if they don't respond after 3 minutes

7. Stay with them until help arrives

Wait with them if possible until help arrives. If you can't wait, roll them into the recovery position in a safe place where they can be found.

If the person starts breathing, but they do not wake up, roll them on their side in the recovery position.

A person who received naloxone might be agitated, in pain, or experiencing withdrawal symptoms. Keep them from using drugs. Remember, naloxone wears off in 30-90 minutes, after which they could overdose again.