

## Introduction

According to the CDC, drug overdose is now the leading cause of accidental death in the US, far surpassing deaths caused by motor vehicle accidents (CDC 2014). Unlike car accidents, however, people who use drugs are often stigmatized because drug use is not as socially acceptable as driving.

**All people, including those with substance use disorder, have the right to lead healthy, productive lives.**

This training guide includes information about recognizing and reversing opioid overdoses using naloxone nasal spray. Naloxone is the opioid overdose reversal medication. Please share this information with everyone you know and encourage others to carry naloxone.

## Caring For Your Naloxone

Naloxone expires in 2 years, the expiration date is on the carton. Store naloxone in a dry, mild environment and avoid exposing it to direct sunlight. Do NOT do a test spray. There is only one dose per device and a test spray will waste it.

## About This Brochure

This training guide was funded by the CA Department of Health Care Services (DHCS) Medication Assisted Treatment (MAT) Expansion Project. Content was adapted from the SAMHSA Opioid Overdose Prevention Toolkit and the Hope Without Limits brochure by Harm Reduction Services of Sacramento, CA.



[ Tribal  
MAT ] A unified response to  
the opioid crisis in  
California Indian Country



# OPIOID OVERDOSE

## RECOGNITION, RESPONSE, AND NALOXONE NASAL SPRAY ADMINISTRATION



 **California Consortium  
for Urban Indian Health**

## What Are Opioids?

Opioids include prescription painkillers (e.g. morphine, codeine, oxycodone, hydrocodone), non-prescription substances like heroin, and illicit potent opioids such as fentanyl analogs.

Opioids are extremely addictive and may lead to opioid use disorder.

## What Is an Opioid Overdose?

Opioids depress the nervous system, which means they make your brain, heart, and lungs function more slowly. If you take too many opioids, your heart and lungs may stop working altogether.

## What Causes an Opioid Overdose?

Many things can cause an opioid overdose, including: mixing substances; having low tolerance; using poor quality drugs; using alone; and existing health problems like liver and breathing problems.

## What's an Opioid Overdose Look Like?

A person overdosing on opioids may have one or all of the following symptoms:

- Pale or clammy face
- Limp body
- Blue/purple/ashen lips or fingernails
- Shallow or slow breathing, snoring, or gurgling
- Slow or stopped heartbeat
- Person cannot be woken up

## If You Suspect an Opioid Overdose:

### Try To Wake Them

Try to wake them by yelling or causing pain with a "sternum rub"—using your knuckles to rub their chest bone. If they wake they are not overdosing.



### Call 9-1-1!

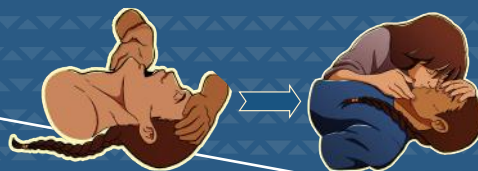
If they don't wake to noise or pain, call 9-1-1 right away. Say the person is not breathing and nonresponsive.



### Begin Rescue Breathing:

Check airway, tilt head back, and pinch nose.

Give 2 normal breaths, then 1 breath every 5 seconds until paramedics arrive or the person wakes.



### Use Naloxone to Reverse the Opioid Overdose:

Remove naloxone nasal spray from packaging.

**Do NOT do a test spray.**

There is only one dose and a test spray will waste it.



## Administer Naloxone Nasal Spray

Tilt the person's head back and place the device inside one nostril.

Press the plunger firmly to release the entire dose.



### While You Wait for Naloxone to Work:

Continue rescue breathing until the person wakes up or paramedics arrive. If they wake, put them in the recovery position. Explain what happened so they don't take more substances. Opioids will not work while naloxone is in their system.

### If the Person Hasn't Woken up in 2-3 Minutes:

Give them a second dose of naloxone using a new or unused spray device and spraying the contents in the other nostril. Continue rescue breathing until the person wakes up and/or paramedics arrive.

The effects of naloxone only last 30-90 minutes. After this time, any opioids in the person's system may cause another overdose.

Note: If the person still hasn't woken up, they may be experiencing a health issue for which naloxone has no effect. **Be sure you have called 9-1-1 so paramedics can help.**