

How to spot an opioid overdose and use naloxone to help save a life

Naloxone (brand name Narcan) is a medicine that can quickly reverse an opioid overdose. It is small and easy to use and carry.

Having naloxone on hand is like carrying an epinephrine auto-injector (like an EpiPen) for someone with severe allergies. It gives extra protection for those at a higher risk for opioid overdose.

If you think someone is having an opioid overdose but aren't sure, giving them naloxone won't hurt them — and it could help save their life.¹

WHERE TO BUY NALOXONE

You can buy naloxone over the counter without a prescription. You can also get it from community distributions and harm-reduction groups. You can also ask your health plan about coverage for a prescription.

TYPES OF NALOXONE AND BRAND NAMES

Nasal spray (most common type)

- ▶ Generic naloxone
- ▶ Narcan
- ▶ RiVive

Injection into muscle

- ▶ Generic naloxone
- ▶ Kloxxado
- ▶ Zimhi

44

people in the U.S. die from a prescription opioid overdose every day²

Nearly

40%

of opioid and stimulant overdose deaths happen when a bystander is nearby³

HAVING AND KNOWING HOW TO USE NALOXONE CAN SAVE A LIFE.

Talk to your provider or pharmacist with questions you may have about naloxone.

Learn more at <https://www.cdc.gov/stopoverdose/naloxone/index.html>



HOW TO HELP PREVENT AN OVERDOSE

- ▶ Only take opioids as prescribed.
- ▶ Store opioids in a safe place others can't get into.
- ▶ Safely get rid of unused prescription opioids. The FDA provides guidelines on their drug disposal page (www.fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know).
- ▶ Have non-expired naloxone nearby if needed.

SIGNS OF AN OPIOID OVERDOSE

- ▶ Person does not wake or respond to touch or voice.
- ▶ Breathing is not normal, is very slow or has stopped.
- ▶ Pupils are very small, like pinpoints.
- ▶ Lips and nose are blue, gray or pale.

WHAT TO DO IF YOU THINK SOMEONE IS HAVING AN OVERDOSE

- 1 Call 911.
- 2 Give naloxone to the person.
 - ▶ Read and follow the instructions for the naloxone you have.
 - ▶ You can also check out these quick steps from Naloxone Saves: bit.ly/49cGJSD
- 3 Try to keep the person awake and breathing.
- 4 Lay the person on their side to prevent choking.
- 5 Stay with the person until emergency help arrives.

HAVING ACCESS TO NALOXONE HAS BEEN LINKED TO

↓63%

fewer emergency department visits

↓27%-46%

fewer opioid overdose deaths

All brand names are property of their respective owners.

¹ *Naloxone DrugFacts*. (2023, June 1). National Institute on Drug Abuse. <https://www.nida.nih.gov/publications/drugfacts/naloxone>

² *Overdose graphics*. (2023, July 28). Centers for Disease Control and Prevention. <https://www.cdc.gov/drugoverdose/resources/graphics/overdose.html>

³ *Overdose deaths and the involvement of illicit drugs*. (2023, January 23). Centers for Disease Control and Prevention. www.cdc.gov/drugoverdose/featured-topics/V5-overdose-deaths-illicit-drugs.html