

How to Use Narcan®

- 1 LAY** the person on their back
- 2 REMOVE** Narcan® nasal spray from the box. Peel back the tab with the circle to open. There is no need to shake or prime the spray.
- 3 HOLD** the Narcan® nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.
- 4 GENTLY INSERT** the tip of the nozzle into either nostril until your fingers on either side of the nozzle are against the bottom of the person's nose. Tilt the person's head back and provide support under the neck with your hand.
- 5 PRESS PLUNGER** to give the Narcan®. Remove the Narcan® nasal spray from the nostril after giving the dose.

Look for the person's color to improve, their breathing to improve, and their overall responsiveness to increase.

If after 2-3 minutes there are no positive changes and you have another dose of Narcan®, you can give them another dose.

OVERDOSE SPIKE ALERT

Sign up to receive a text and/or email message when Public Health determines there is an increased risk for overdose in the community.

Other overdose prevention tools and resources are also available on this page.

Website for more information and to sign up:
PublicHealthMDC.com/SpikeAlerts



www.PublicHealthMDC.com
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608-243-0380 (Español)

Feb 2024

We Can All Save A Life

OVERDOSE PREVENTION



Risk Factors

Anyone using an opioid — prescription pain medication or illicit drugs such as heroin — is at risk for an overdose, but some things increase that risk.



USE STOPPED for a PERIOD

Someone who has recently stopped the use of an opioid, even for a couple of days, is at an increased risk for an overdose if they start taking the drug again. Their tolerance to the drug has changed. This includes people coming out of detox, a treatment center, or jail.



MIXING DRUGS

Mixing opioids with other drugs, especially other 'downers' like benzos or alcohol increases the risk for overdose.

Changes in purity also increase risk. Fentanyl is an extremely powerful opioid being mixed into other drugs, sometimes without the individual even knowing. This mixture is very dangerous.



USING ALONE

Using alone is a risk factor. If someone uses alone, no one is there to call for help.

Recognizing Overdose

Opioids affect the part of the brain that controls breathing. Taking opioids can lead to slower breathing levels and even death. Some things to look for:



Pale, sweaty or clammy skin



Lips and fingertips may turn blue or purple



Slow or irregular breathing. The person may be gasping for air or stop breathing all together



They may appear to be sleeping and may even be snoring, but in the case of an overdose you are unable to wake them. You can try loudly calling their name while doing a sternal rub to see if they respond to pain.

Sternal Rub: Take your knuckles and rub them hard across the middle of the chest

Providing Help

If you think someone is overdosing, first look at your surroundings to make sure you stay safe while providing help. Avoid any needles or drugs that may be present. You may want to wear gloves and a face mask.

- **CHECK THE PERSON** Rub their sternum to see if they respond. Call their name loudly to see if they answer. If they don't react they are 'unresponsive'. Take a few seconds to watch their chest and see if it is moving up and down to determine if they are breathing.
- **CALL 911** The most important thing you can do is call 911. Tell them you are with an unresponsive person and need help. If there are others around, you can have them call 911. The 911 dispatcher will be able to assist you and guide you through the next steps.
- **ADMINISTER NARCAN®** Narcan® is a medication that reverses an opioid overdose. If the person isn't experiencing an opioid overdose and some other medical condition is happening, administering Narcan® will not harm them.

It is important to understand Narcan® wears off in 30-90 minutes and a person can go back into an overdose. This is why it is so important to call 911 and get professional help.

Turn over for directions on using Narcan®