Quick Reference Guide:

Opioid Overdose Prevention and Response

If there is an incident where your naloxone had to be used, is lost, or has expired, return to Project DAWN for a refill.

Free kits are distributed in Cuyahoga County at the following locations:

Cuyahoga County Board of Health

5550 Venture Dr. Parma, OH | Fridays 9:00 a.m. – 12:00 p.m.

The Free Medical Clinic of Greater Cleveland

12201 Euclid Ave. Cle, OH | Tuesdays Noon - 4:00 p.m. & Fridays 1:00 p.m. – 5:00 p.m.

Cleveland Department of Public Health's McCafferty Health Center

4242 Lorain Ave, Cleveland, OH | Thursdays 4:00 p.m. – 8:00 p.m.

Call Project DAWN at 216-778-5677

Naloxone Fast Facts

1. Naloxone (also known as narcan) is a safe medication that can reverse an overdose that is caused by an opioid drug such as prescription pain medications or heroin. It works by neutralizing the opioids in your system and helping you breathe again.

2. Naloxone **does not** reverse overdoses that are caused by non-opioid drugs, such as cocaine, benzodiazepines (e.g. Xanax, Klonopin and Valium), methamphetamines, or alcohol.

3. If Naloxone is administered to a person who is dependent on opioids, it will produce withdrawal symptoms. Withdrawal, although uncomfortable, is not life-threatening.

4. The shelf life of Naloxone is approximately two years. Naloxone should be kept out of direct light and at room temperature (between 59 and 86 degrees Fahrenheit).

Signs of an Opioid Overdose

A person who is experiencing an opioid overdose may have the following symptoms:

- Breathing is slow and shallow (less than 10 breaths per minute) or has stopped;
- Vomiting;
- Face is pale and clammy;
- Blue or gray lips and fingernails
- Slow, erratic or no pulse (heartbeat);
- Choking or loud snoring noises;
- Will not respond to a sternal rub;
- Skin may turn blue, gray, or ashen

Responding to a Suspected Overdose

If a person is exhibiting signs of an opioid overdose, these following life-saving measures should be taken immediately:

1) Check to see if he or she can respond?

- Give him/her a light shake, yell his/her name. Any response?
- If you do not get a response, try a STERNAL RUB (rub your knuckles on their chest bone for 10 seconds).

2) Call 9-1-1

You do not need to mention drugs when you call. Provide this basic information:

- Give the address and location
- Say “I have a person who has stopped breathing and is unresponsive.”

Responding to a Suspected Overdose

Perform Rescue Breathing – Give Naloxone

3) Perform rescue breathing

- Make sure nothing is in his/her mouth.
- Tilt head back, lift chin and pinch the nose.

IF YOU ARE ALONE:

- Give two breaths by mouth making sure the chest rises.
- If the chest does not rise, tilt the head back more, make sure to plug the nose and give two additional breaths.

IF YOU HAVE HELP:

- Give one breath every five seconds until the other responder is ready to administer the naloxone.

4) Give Naloxone

- Administer naloxone
- See additional instructions on how to administer your naloxone

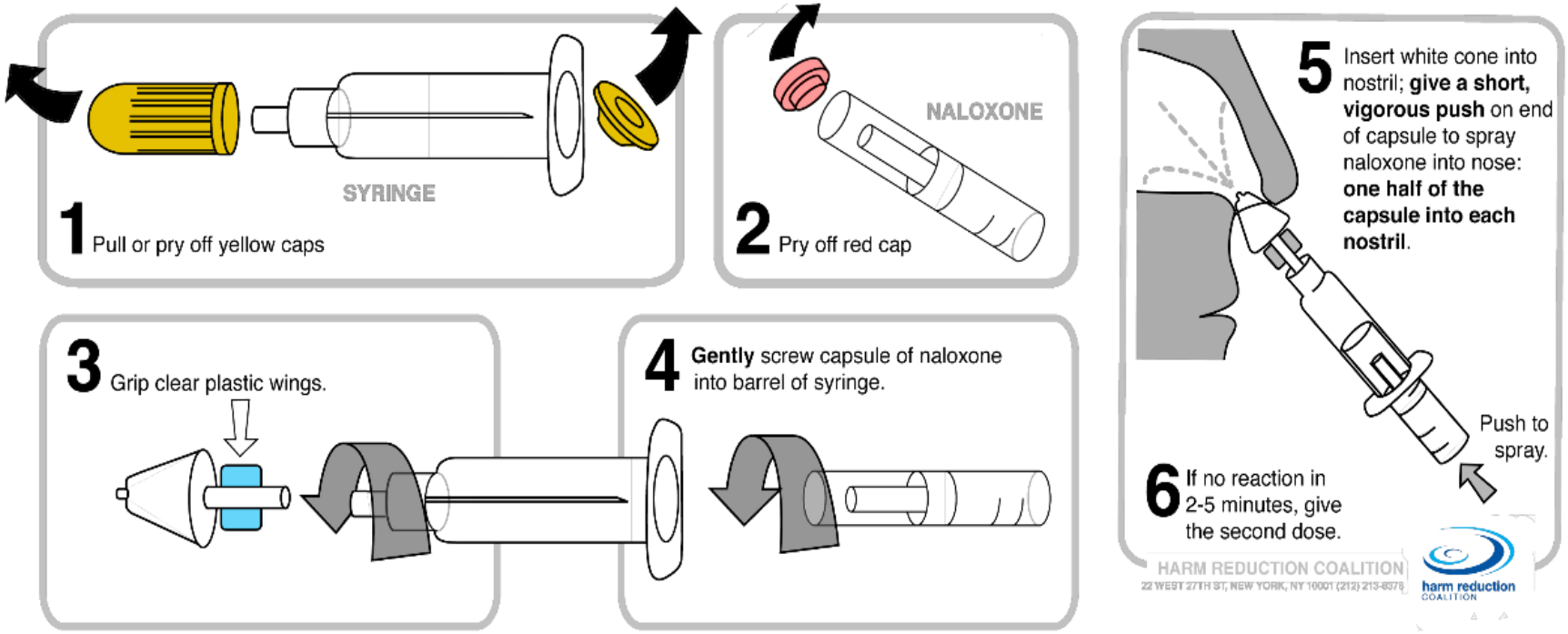
Administering 4mg Intranasal Naloxone

- 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.
- Gently insert the tip of the nozzle into either nostril.
- Press the plunger firmly to give the dose of NARCAN nasal spray. Remove the nasal spray from the nostril after giving the dose.
- <u>Continue rescue breathing, one breath every five seconds, while waiting for the naloxone to take effect.</u>
- **If the person does not become responsive and begin breathing on his/her own within 2-5 minutes, administer another dose of naloxone if available.**

Administering 2mg Intranasal Naloxone

1. Assemble the nasal spray (see diagram on next page).
2. Spray half (1ml) up one nostril and half up the other.
3. <u>Continue rescue breathing, one breath every five seconds while waiting for the naloxone to take effect.</u>
4. **Give a second dose of naloxone if there is no response in 2-5 minutes.**

How to administer 2mg Intranasal Naloxone

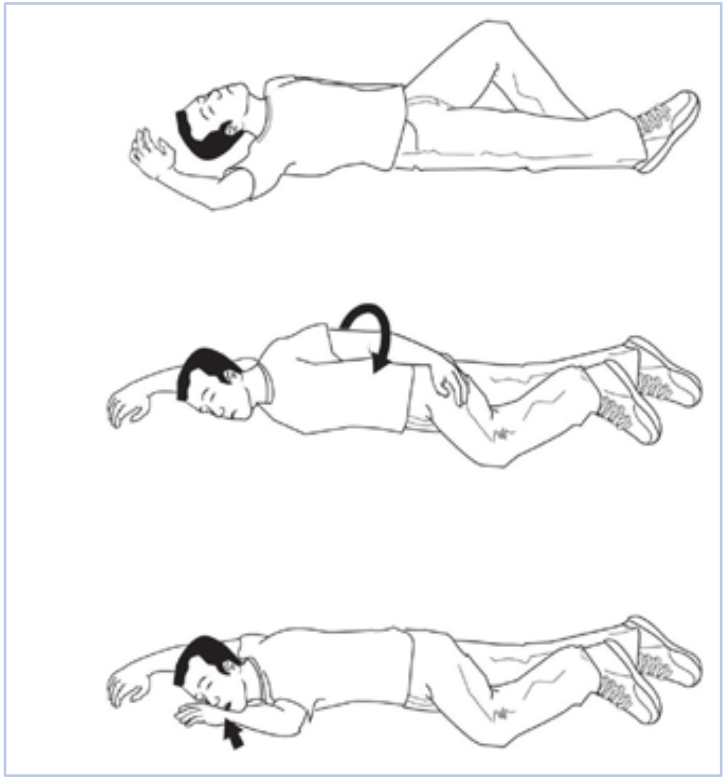


Responding to a Suspected Overdose

5) After Naloxone

- If the victim begins breathing on his/her own, put him/her in the recovery position making sure to tilt his/her head back to keep his/her airway clear (see diagram).
- Continue to monitor his/her respirations and perform rescue breathing if respirations are below 10 breaths a minute.
- If vomiting occurs, clear the mouth and nose.
- Stay with him/her until help arrives. Naloxone may wear off and the victim could start to overdose again.

How to Place Someone in the Recovery Position



What are risk factors for overdose?

Mixing drugs: Many overdoses occur when people mix heroin or prescription opioids with alcohol, benzodiazepines (such as Xanax, Klonopin and Valium), cocaine, or other drugs.

Lowered Tolerance: Tolerance is your body's ability to process a drug and can decrease rapidly when someone has taken a break from using a substance. Taking opioids after a period of not using (illness, jail, detox, hospital, treatment) can increase the risk of a fatal overdose.

Health Problems: Since opioids can impair your ability to breathe, if you have asthma or other breathing problems you are at higher risk for an overdose. Individuals with liver or kidney disease or dysfunction, heart disease or HIV/AIDS are also at an increased risk for overdose.

Using alone: When individuals overdose alone they are not able to call for help.

Strength and content of street drugs: The potency of street drugs such as heroin is constantly changing. When heroin is laced with other drugs such as fentanyl, the risk for overdose dramatically increases. There is no way to know whether or not heroin has been cut with fentanyl prior to using.

What do I do if my naloxone had to be used, is lost, or has expired?

If there is an incident where your naloxone had to be used, is lost, or has expired, return to any Project DAWN clinic for a refill or contact Project DAWN at 216-778-5677.

Project DAWN Locations:

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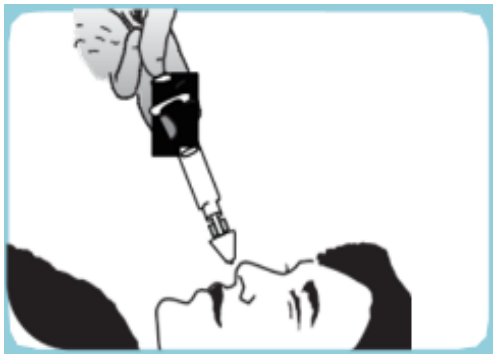
Remember: If your medicine has expired or has been subject to extreme light or temperatures, return for a refill.

Remember, if you suspect an opioid overdose:

Call 9-1-1

Rescue Breathing



Give Naloxone

This naloxone was prescribed to the carrier by a medical professional. If you have questions or concerns, please contact Cuyahoga County Project DAWN at 216-778-5677.

ADAMHS BOARD OF CUYAHOGA COUNTY
ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES

CDPH Cleveland Department of Public Health

The Free Medical Clinic of Greater Cleveland
Health care is a right, not a privilege.

CUYAHOGA COUNTY BOARD OF HEALTH
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