

Everything you need to know about

# Heroin and Naloxone

## Preventing an Overdose



Over the past few years, the use of heroin and opiates has been on the rise within New Orleans and across the country. Heroin is often cheaper than prescription opiates, but can also be stronger or mixed with other dangerous drugs. Overdoses are at an extreme high disproportionate to the amount of people abusing heroin.

## What is Naloxone (Narcan)?

Naloxone, also known as Narcan, is used to reverse an opioid overdose. Opioids include heroin and prescription pain medications such as morphine, hydrocodone and oxycodone.

**How does it work?** When a person overdoses on opioids, their breathing slows down which can lead to death. Naloxone helps the person wake up and continue breathing within 5 minutes. This allows time for EMS to arrive.

## How to respond to an overdose

**Call 911** Say the person isn't breathing/is struggling to breathe and provide the exact location of the victim.

**Administer Naloxone: Intranasal** A bystander can safely and legally spray naloxone into the nose.

1. Remove yellow cap atop plastic tube & screw atomizer on.
2. Remove bottom yellow cap & plastic cap from vial & screw the vial into bottom of tube.
3. Spray half the vial into each nostril by pushing vial up through tube.

If they don't revive, give a second dose of naloxone.

**Stay with the person** If you must leave them alone, put them in the "recovery position" by rolling them onto their side. This will keep them from choking if they begin vomiting.

They will wake up in withdrawal from opioids due to the naloxone and should not be allowed to re-use opioids. They will probably not realize that they overdosed.

## Where to get help

Call **MHSD Mental Health, Addiction & Developmental Disability** at (504) 568-3130

Visit [nola.gov/health](http://nola.gov/health) for a full list of resources

## Signs of an overdose

- The person is unresponsive
- Slow heart rate: not breathing or breathing less than 10 breaths a minute
- Muscle twitching
- Blue or gray lips and fingernails
- May be making loud uneven gurgling sounds

**Do not** inject the person with anything. Salt, milk or other drugs do not work against the heroin and can cause more harm.

**Do not** put them under the shower.

Call 911 if you can't revive the person by shaking them or calling their name

## Where can I get naloxone?

The Health Department has standing order so that anyone can pick up Naloxone from the **University Medical Center Outpatient Pharmacy** on the first floor, near the Atrium at 2000 Canal St, New Orleans, LA 70112.

**For more information call 504-658-4748**