

# Naloxone

## How to respond to an overdose

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**Call 911** If the person is not breathing or is struggling to breathe. Provide the exact location of the victim.

**Administer naloxone: Intranasal** Anyone can safely and legally spray naloxone into the nose. If they do not wake up, give a second dose of naloxone. Each kit is one dose.

**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 to vomit.

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

### 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.

**Always call 911** whether you give naloxone or not.

### How to administer naloxone

1. Remove yellow cap from top and bottom of the plastic tube.
2. Remove plastic cap from vial of Narcan.
3. Screw the vial into bottom of tube.
4. Screw the atomizer on.
5. Spray half the vial into each nostril by pushing the vial up through the tube.



Narcan kit contents



Completed Narcan kit

1



Remove yellow cap

2



Remove plastic cap

3



Screw vial into tube

4



Screw atomizer on

Everything you need to know about

# Naloxone

## Where to find naloxone



Naloxone, also called Narcan, is used to reverse an opioid overdose. 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.

**Always call 911 whether you give naloxone or not.**

There are three types of naloxone:



### Who can buy naloxone?

In Louisiana, anyone 18 years or older can buy naloxone without a prescription at most pharmacies including University Medical Center, Crescent City Pharmacy, Walgreens, and CVS.

Some pharmacists may ask for your ID when you pick-up naloxone.

### What are opioids?

Opioids include heroin and prescription pain pills like morphine, codeine, oxycodone, methadone and hydrocodone.

### Where can I go for help?

For access to drug or alcohol detox services, mental health, and crisis programs contact **Metropolitan Human Services District (MHSD)**

Phone: 504-568-3130

For more information, call the Health Department at (504) 658-4748