



# RESPONDING TO AN OVERDOSE AND HOW TO ADMINISTER NALOXONE

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## 1. STIMULATION

Can you wake them up?

- Shout their name
- Shake their shoulders

## 2. CALL 911

- Tell the dispatcher exactly where you are.
- Stay with the person who has overdosed if possible.
- Once the paramedics arrive, tell them what you know (the drugs they were using, how you helped).

## 3. GIVE NALOXONE

If the person does not start breathing on their own within 2-3 minutes, administer a second dose. Naloxone may cause symptoms: agitation, anxiety, muscle aches, sweating, nausea, vomiting. Once the Naloxone wears off, these withdrawal symptoms tend to go away.

## 4. HOW TO HELP

- When they wake up, tell them that they overdosed.
- Urge them not to use drugs right after they wake up. It will not make them feel better and increases the chances of overdose once Naloxone wears off.
- Watch for signs & symptoms of overdose returning.

## 5. RECOVERY POSITION

If at any point, you need to leave them alone, place them in the recovery position to prevent choking.

- Bend knee forward to keep body from rolling onto stomach.
- Head should be tilted back a little to open airway.
- Place hand under head for support.



## HOW TO ADMINISTER NALOXONE NASAL SPRAY

1. Remove nasal spray package from the kit. Peel back the tab to open the package and access the medication.
2. Hold the spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.
3. Tilt the person's head back and provide support under the neck with your hand.
4. Gently insert the nozzle into one nostril, until your fingers on either side of the nozzle are against the bottom of the person's nose.
5. Press the plunger firmly to release the dose of spray.
6. Remove the spray from the nostril after giving the dose.

OR

## HOW TO ADMINISTER INJECTABLE NALOXONE

1. Break open the naloxone ampoule.
2. Insert the new syringe into the ampoule and draw up all of the Naloxone (0.4mg/1ml) into the syringe.
3. Inject all of the Naloxone (1cc) into upper arm muscle or thigh muscle. If you cannot remove the clothing, the needle is long enough to reach through light clothing.

Based on information provided by

**SAMHSA**

Substance Abuse and Mental Health Services Administration

