How to use Narcan® Nasal Spray for an opioid overdose



KNOW THE SIGNS OF OVERDOSE

- Person is passed out and you cannot wake them up.
- Breathing very slow, making gurgling sounds, or not breathing at all.
- Lips are blue or grayish color.



CHECK FOR A RESPONSE

- Shake them and shout to wake them up.
- If no response, grind your knuckles into their chest bone for 5-10 seconds.
- If the person still does not respond, call 911.



CALL 911

- Tell the 911 dispatcher, ***"I think someone has overdosed!"***
- If you report an overdose, you and the overdosed person have significant protections under the New York State Law from being charged with drug possession, even if you shared drugs.

How to give Narcan® Nasal Spray



- Take Narcan® Nasal Spray out of box.
- Peel back tab with the circle to open the Narcan® Nasal Spray.

  IMPORTANT: Do not remove Narcan® until ready to use and do NOT test the device.



- 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.



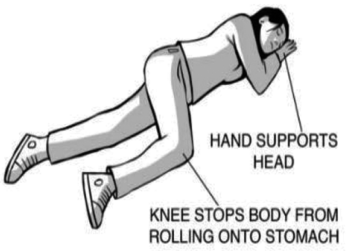
- Tilt the person's head back and provide support under the neck with your hand.



- **Gently insert** the tip of the nozzle into one nostril, until your fingers on either side of the nozzle are against the bottom of the person's nose.
- **Press the plunger** firmly to give the dose of Narcan® Nasal Spray. Remove the Narcan® Nasal Spray from the nostril after giving the dose.



- **Wait and watch the person closely.**
- If the person does not respond in 2-mins, repeat the steps and give the second dose of Narcan® Nasal Spray in box.



- **Call 911 right away, if you have not done so already.**
- Roll the person on their side and place them in the 'recovery position'.

If the person is not breathing, do rescue breathing (or CPR if you know it) ➡

Rescue breathing steps

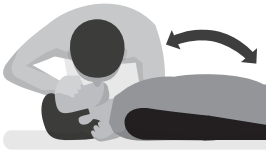


Tilt the head back, lift the chin, and pinch the nose.



Start with two breaths into the mouth. Continue with one breath every 5 seconds.

The person's chest should rise and fall with each breath; if not, check to make sure the head is tilted back and the mouth is clear.



Keep doing rescue breathing until the person breathes on their own or until medical help arrives.

Caring for someone after you give Narcan®

- When the person wakes up, explain what happened. Tell them not to take any more drugs because that could cause another overdose.
- Naloxone, the medicine in Narcan®, wears off in 30 to 90 minutes. Stay with the person until they go to the hospital, or until the naloxone wears off, to make sure they do not overdose again.
- If you do not seek medical care, stay with the person for at least 3 hours and watch for signs of returning overdose. Call 911 if the person is not OK when they wake up.
- When the ambulance arrives, tell them that naloxone has been given.
- If you need to leave, turn the person on their side (recovery position) to prevent them from choking.
- Go back to the program that trained you or to a pharmacy, tell them you used the kit and get more naloxone.

Resources

- **New York State Department of Health, AIDS Institute, Opioid Overdose Initiative:**
  1-800-692-8528, www.health.ny.gov/overdose
- **New York State Office of Alcoholism and Substance Abuse Services (OASAS):**
  877-8-HOPENY (877-846-7369), www.oasas.ny.gov
- **New York City Department of Health and Mental Hygiene, NYC Well:**
  1-888-NYC-WELL (1-888-692-9355), text "WELL" to 65173, https://nycwell.cityofnewyork.us
- **Harm Reduction Coalition:**
  www.harmreduction.org/our-work/overdose-prevention

NEW YORK STATE | Department of Health