

# How to Use Nasal Naloxone for Opioid Overdose

## Know the signs of overdose

- Person is passed out and you cannot wake them up.
- Breathing very slowly or making gurgling sounds.
- Lips are blue or grayish color.

## Check to see if they respond

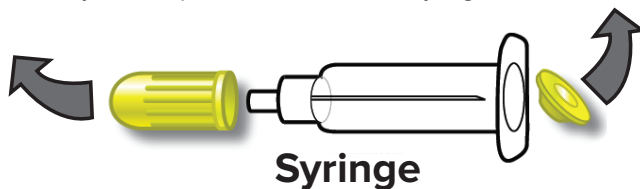
- Shake them and shout to wake them up.
- If no response, grind your knuckles into their chest bone for 5-10 seconds.
- If the person still does not respond, call 911.

## Call 911

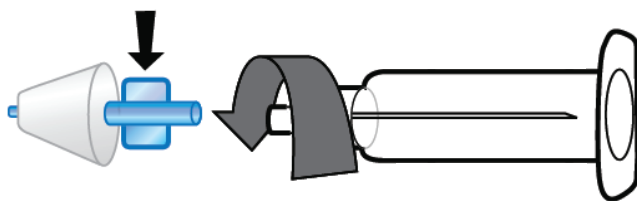
- Tell the 911 dispatcher "I think someone has overdosed."
- If you report an overdose, you and the overdosed person have significant protections under New York State law from being charged with drug possession, even if you shared drugs.

## Give nasal naloxone

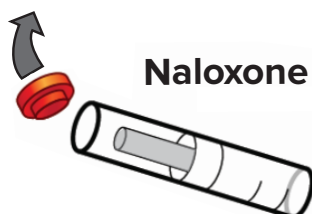
**Step 1:** Take the yellow caps off the needle-less syringe.



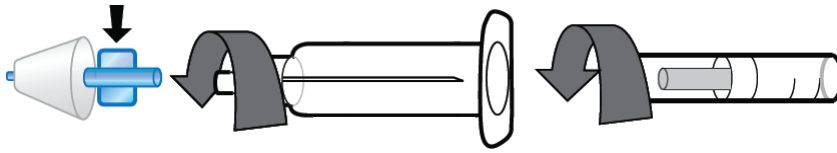
**Step 2:** Grip the clear plastic wings and gently screw the white cone (nasal atomizer) onto the barrel of the syringe.



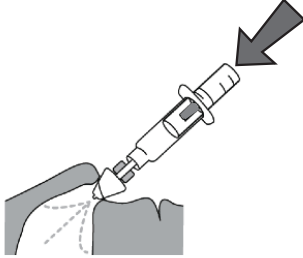
**Step 3:** Take the colored cap off the naloxone vial.



**Step 4:** Screw the naloxone vial into the barrel of the syringe without pressing down hard.



**Step 5:** Tilt the person's head back and put the white cone into one nostril. Give a short, firm push on the end of the syringe to spray naloxone into the nose. Spray one half of the dosage into each nostril.



**Step 6:** If the person does not respond in 3-5 minutes, give a second dose of naloxone. Do not wait more than 5 minutes to give a second dose.

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

- 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.

## After you give naloxone

- When the person wakes up, explain what happened. Tell them not to take any more drugs because that could cause another overdose.
- Naloxone 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 to prevent them from choking.
- When the person wakes up, explain what happened. Tell them not to take any more drugs because that could cause another overdose.
- Go back to the program that trained you, tell them you used the kit, and get more naloxone.

## To learn more about opioid overdose prevention, contact:

### **New York State Department of Health, AIDS Institute, Opioid Overdose Prevention**

[www.health.ny.gov/overdose](http://www.health.ny.gov/overdose)

### **Harm Reduction Coalition**

[www.harmreduction.org/our-work/overdose-prevention](http://www.harmreduction.org/our-work/overdose-prevention)

(212) 213-6376

### **Drug treatment and counseling**

#### **New York State Office of Alcoholism and Substance Abuse Services (OASAS)**

877-8-HOPENY (877-846-7369)

[www.oasas.ny.gov](http://www.oasas.ny.gov)

### **Crisis intervention (in New York City)**

#### **New York City Department of Health and Mental Hygiene**

#### **LIFENET**

1-800-LIFENET

[www.nyc.gov/html/doh/html/mental/lifenet.shtml](http://www.nyc.gov/html/doh/html/mental/lifenet.shtml)