

Take Home Naloxone Kit Training

OPIOIDS (downers), including Fentanyl, are nervous system depressants that result in decreased heart rate, drowsiness, slow/slurred speech, constricted pupils and a decreased breathing rate which can lead to an **OVERDOSE**

FACTORS THAT CAN INCREASE YOUR RISK OF OPIOID OVERDOSE

Mixing drugs	Tolerance
Quantity and potency	Individual health status
Other medications	Routes of administration

SYMPTOMS OF AN OPIOID OVERDOSE

- | | | |
|--|---------------------------------|--|
| • UNRESPONSIVE to stimulus | • Fingernails and lips are blue | • Choking or snore-like gurgling noises |
| • Breathing is slow (less than 12 breaths/min), erratic or there are no breaths at all | • Skin is cold and/or clammy | • Heartbeat is slow, erratic or not there at all |
| • Body is very limp | • Pupils are tiny | • Seizure |
| • Vomiting | • Loss of consciousness | |

OVERDOSE PREVENTION

- Do not use alone
- Use safer routes
- Do a test hit first
- Know the signs and symptoms of an OD
- Do not mix drugs
- Carry Naloxone
- Know where to find community support & resources

If you ever have to leave someone alone that you think might be overdosing, put them in the recovery position



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Follow the **SAVE ME** steps
to respond to an overdose



Stimulate: Sternal rub, if unresponsive **call 911**

Airway: Are they breathing? No -> open airway, begin rescue breathing

Ventilation: 1 breath every 5 seconds for 2 min, chest should rise with each breath

Evaluate: Are there any changes after 2 min? Are they responsive or adequately breathing?

No -> inject naloxone

Muscular injection:

- Expose thigh as much as possible, divide into thirds, plan to inject into the middle section
- Clean injection area with alcohol swab
- Take cap off vial, clean vial with alcohol swab
- Connect needle to syringe and draw up entire vial (1 mL of liquid)
- Remove air bubbles in syringe
- Hold needle like a dart and insert into middle of the thigh at 90°
- Push down on the plunger slowly and steadily
- Remove needle at 90° and dispose safely (back into kit container)

Evaluate again

- Naloxone will take 2 – 5 min to kick in
- Continue rescue breathing for another 2 min, if no change or person still not responsive draw up and inject 2nd naloxone dose
- Continue rescue breathing after 2nd injection until person breathes on their own or help arrives
- If the individual starts to breathe on their own, place in the recovery position

If you need to replace the kit, please call Health Link at 811