

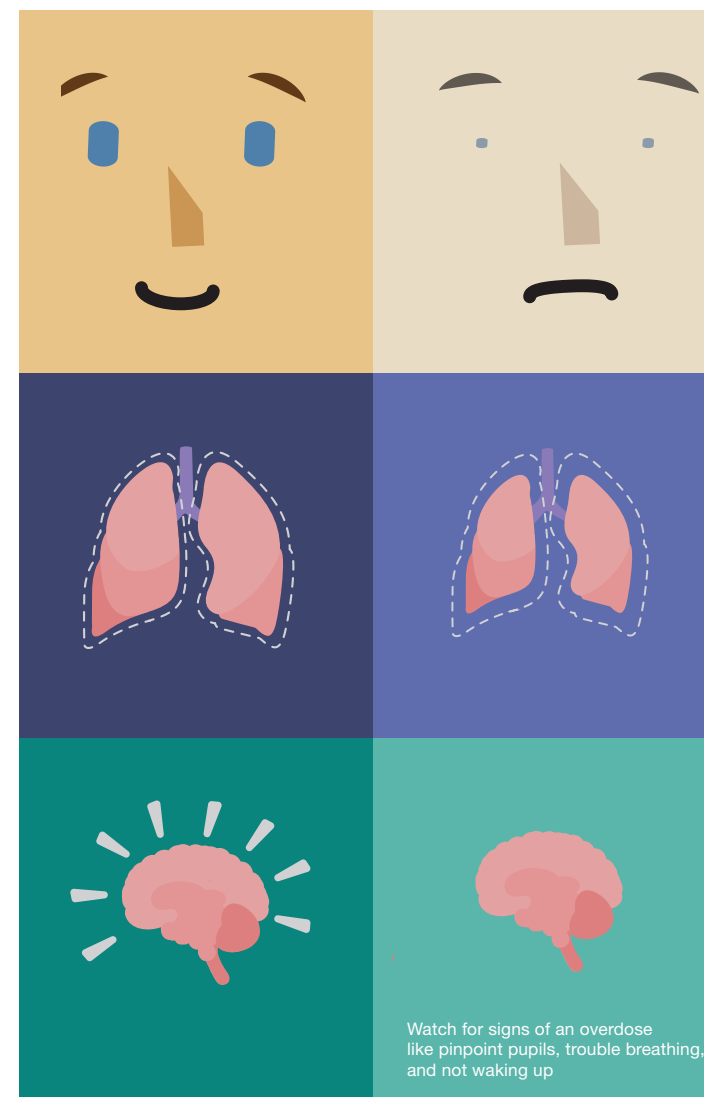
# How to use a naloxone kit in the event of an overdose

an informational booklet for opioid overdose treatment, created as a collaboration between **UC Davis Center for Design in the Public Interest** and **UC Davis Health**

If someone has overdosed, a naloxone kit can be used to save them.

You can get a kit from a specially trained pharmacist without a prescription, but it may not be covered by your medical insurance unless your doctor writes an order.

Naloxone is also known by the brand name Narcan.



## What does an overdose look like?

Learn the signs of an opioid overdose and educate those around you.

**Three strong signs of overdose are:**

- tiny, pinpoint pupils
- slow and shallow breathing
- won't wake up

## Can naloxone be harmful?

**Serious side effects of naloxone are very rare.**

The most common side effect is opioid withdrawal, since naloxone reverses the effect of opioids. Common opioid withdrawal symptoms include aches, irritability, sweating, runny nose, diarrhea, nausea, and vomiting.

It's most important to give someone naloxone if you think they are experiencing an overdose because it can save them from brain damage or even death.

## How do I know when to use naloxone?

**If you think someone is experiencing an opioid overdose, it does not hurt to give naloxone.**

Naloxone reverses the effects of opioids such as heroin, methadone, morphine, opium, codeine, or hydrocodone. It does not reverse the effects of other types of drugs like alcohol or stimulants like cocaine. If the person has mixed drugs and an opioid is involved, the person will likely start breathing but continue to be sedated from the other drugs.

## How can I tell if it's working?

**If someone is experiencing an opioid overdose and is given naloxone, they should wake up in 2-3 minutes.**

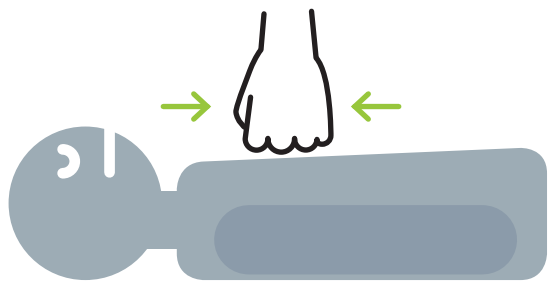
If the person does not wake up in 3 minutes or loses consciousness again, give them a second dose of naloxone.

Stay with the person until help arrives.

## What do I need to do?

- 1 Try to wake the person up
- 2 **Call 911**
- 3 Give the first dose of naloxone
- 4 Check for breathing
- 5 Be prepared to give a second dose of naloxone if needed

# 1 Try to wake the person up



## Shake them and shout.

If there is no response, **grind your knuckles into their breastbone** for 5 to 10 seconds.

# 2

# call 911

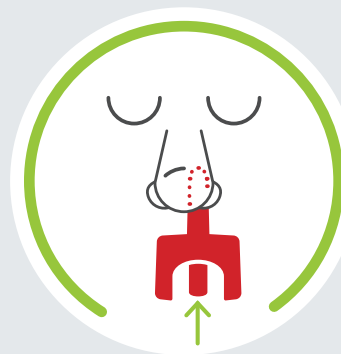
# 3 Give naloxone the label may say "Narcan"

## nasal spray

Naloxone nasal spray works even if the person is not breathing.



Peel the package open and hold the device.  
**Do not press** until ready to give naloxone.



**Place** the tip in the nostril.



**Press** button firmly.

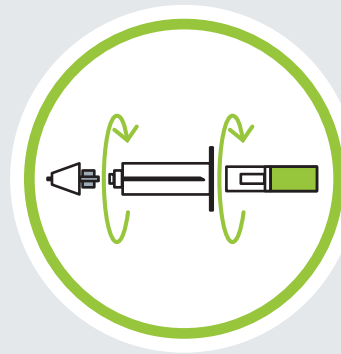
or

## nasal atomizer spray

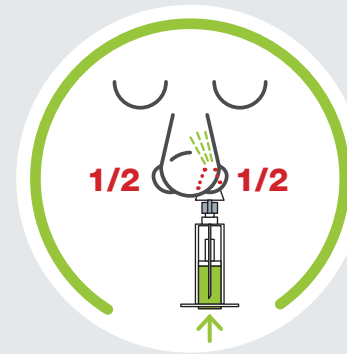
Naloxone atomizer spray works even if the person is not breathing.



**Pull off** safety caps.



**Screw pieces together.**  
**Do not press** until ready to give naloxone.



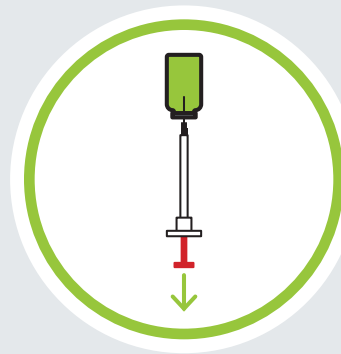
Spray **one half** of the medicine into **each nostril.**

or

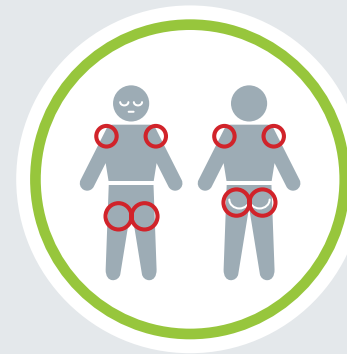
## injection



**Flip off the cap** to reveal the latex seal on the top of the bottle.



**Turn bottle upside down** and pull the plunger on the syringe.



**Inject into muscle** such as the **shoulders, thighs, or buttocks.**  
Push the plunger all the way down.

# 4 Check for breathing

**Give CPR if you have been trained**

Or, do rescue breathing:

- 1 Tilt the head back, open the mouth, and pinch the nose
- 2 **start with 2 breaths** into the mouth
- 3 then, **give 1 breath every 5 seconds**
- 4 **continue** until help arrives

# 5 Be prepared to give a second dose of naloxone



**If the person does not wake up in 3 minutes, give a second dose of naloxone.**

**Turn the person on their side** to prevent choking.