

## OVERDOSE RESPONSE:

### Signs of Heavy Opioid Use:

- Pupils will contract and appear small
- Muscles are slack and droopy
- They might “nod out”
- Scratch a lot due to itchy skin
- Speech may be slurred
- They might be out of it, but they will respond to outside stimulus like loud noise or a light shake from a concerned friend.

*A person using opioids can slip into an overdose at any time. Monitor for signs of an overdose.*

### Overdose Signs:

If a person has **any** of these signs **and can't respond to you**, they are having an opioid overdose:

- No response when you yell their name or rub the middle of their chest hard
- Lips & fingertips are blue
- Breathing is slow (under 1 breath every 5 seconds) or stopped
- Heartbeat is slow or stopped
- Body is limp
- Face is pale and clammy
- Choking, gurgling or snoring sounds
- Vomiting

***Death from an opioid overdose can happen in as little as a few minutes to as long as a few hours. People who survive do so because someone was there to respond and seek help.***

### What to do:

#### **1. Check for signs of opioid overdose as described above**

- Yell their name or “I’m calling 911”...do they respond?
- Rub the middle of their chest hard...do they respond?
- Look at their chest to see if it is rising and falling to indicate breathing...are they breathing?
- Feel for a pulse on the inside of their wrist or neck...do they have a pulse?

#### **2. Call 9-1-1**

- Activating GPS on the phone will help emergency responders, especially if you are not sure of the address.
- Putting the phone on speaker mode will free up your hands. Keep any loud background noise to a minimum.
- Reporting the person is “non-responsive” or “has stopped breathing” will result in an ambulance being sent; reporting that the person has overdosed will also result in the police being sent.
- Give the address & exact location of the person, such as “on the sidewalk next to the building” or “in the bathroom on the first floor.”
- If indoors, make sure the door is unlocked or propped open for the paramedics.
- When help arrives, tell the paramedics what you know, such as what the person used and whether or not NARCAN was given.

#### **3. Give NARCAN nasal spray**

- Remove NARCAN nasal spray from the box.
- Peel back the tab with the circle to open the NARCAN nasal spray.

- 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. If you sprayed NARCAN in the right nostril, set the empty nasal spray on the person's right side (or visa-versa).
- If the person remains unresponsive, perform CPR and/or Rescue Breathing for 2-3 minutes, then administer 2<sup>nd</sup> dose in opposite nostril. If still unresponsive, continue CPR and/or Rescue Breathing until help arrives.

#### **4. If NO PULSE, then perform CPR**

- 911 operator can walk you through what to do.
- Place the person on their back.
- High quality CPR consists of 30 chest compressions followed by 2 rescue breaths & this cycle is repeated until help arrives or you are too exhausted to continue.
- CPR training is the best way to learn these skills.

#### **5. If NO BREATHING (or gasping for breath or shallow breathing), then perform RESCUE BREATHING**

- 911 operator can walk you through what to do.
- Place the person on their back.
- Make sure nothing is in their mouth.
- Place your hand on the bony part of the person's chin, tilt their head back and pinch their nose closed.
- Place your mouth over their mouth to make a seal and give 2 slow breaths. A rescue breathing mask may be used as a barrier between your mouth and their mouth.
- You should see their chest rise.
- Then give 1 breath every 5 seconds until the person starts to breathe or help arrives and can take over.

#### **6. If breathing (or when breathing is restored), then put them in a recovery position to prevent choking**

- Move the person on their side (recovery position):
  - 1) Raise the person's closest arm above their head and bend the opposite knee:



- 2) Gently roll the person toward you as a unit. Guard their head as you roll:



- 3) Tilt their head to maintain airway. Tuck their nearest hand under their cheek to help maintain head tilt:



- Watch the person closely.
- If the person does not respond by waking up to voice or touch and is not breathing normally, another dose of NARCAN may be given.
- Repeat step 3 using a new NARCAN nasal spray to give another dose in the other nostril. If additional NARCAN nasal sprays are available, repeat every 2-3 minutes until the person responds or emergency medical help is received.

**For more information about NARCAN nasal spray, go to [www.narcan.com](http://www.narcan.com) or call 1-844-4NARCAN (1-844-462-7226). To see a video on how to give NARCAN, go to [www.narcan.com/#section-whychoose](http://www.narcan.com/#section-whychoose)**

### For CPR/Rescue Breathing Training:

Organization:	Website:	PHONE NUMBER:	Description:
<b>American Red Cross</b>	<a href="http://www.redcross.org/m/phs smrd/take-a-class">http://www.redcross.org/m/phs smrd/take-a-class</a>	1(800) 733-2767	Local trainings offered in Warren. For additional information you can go to their web site and put in the Zip code for the area you are looking for.
<b>CPR Near Me</b>	<a href="https://cprnearme.com/online-cpr/?gclid=CKPD6JHQ3tQCFYKFs wodgS8BcQ">https://cprnearme.com/online-cpr/?gclid=CKPD6JHQ3tQCFYKFs wodgS8BcQ</a>		This is an online training. It costs \$16.95. You can print your certificate once completed and they mail you the certification wallet sized card.
<b>Heart Saver</b>	<a href="http://cpr.heart.org/AHA/ECC/CP RAndECC/Training/HeartsaverCourses/UCM_473174_Heartsaver-Courses.jsp">http://cpr.heart.org/AHA/ECC/CP RAndECC/Training/HeartsaverCourses/UCM_473174_Heartsaver-Courses.jsp</a>	(480) 998-5193	Heartsaver courses are designed for anyone with little or no medical training who needs a course completion card for job, regulatory (for example, OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting. For many Heartsaver courses, students receive a course completion card that is valid for 2 years.
<b>CPR&amp;FirstAid.net</b>	<a href="http://www.cprandfirstaid.net/?gclid=CNa20MvW3tQCFZpXDQo dgDgP1w">http://www.cprandfirstaid.net/?gclid=CNa20MvW3tQCFZpXDQo dgDgP1w</a>		All instructions in this free program follows the same guidelines as the American Red Cross® and The American Heart Association® and designed to provide students with the basic skills of CPR and First Aid. A quick test will go over everything you learned in this class.