

# Opioid Overdose Response Training

**SNOHOMISHOVERDOSEPREVENTION**

— A COMMUNITY COMING TOGETHER TO STOP —  
SNOHOMISH COUNTY'S OPIOID EPIDEMIC



# Types of Opioids

## NATURAL (POPPY PLANT-DERIVED)

- Codeine
- Morphine
- Heroin (illegal)
- Opium (illegal)

## SYNTHETIC / SEMI-SYNTHETIC

- Percocet, OxyContin, Oxycodone
- Hydrocodone, Vicodin, Demerol
- Fentanyl
  - Pharmaceutical
  - Illicitly-manufactured (illegal)



When prescription opioids are used as advised by a medical professional, the effect is predictable.

When prescription opioids **aren't used as advised** (extra doses, not your prescription, etc.) the effect is unpredictable.

NOT Opioids - Methamphetamine, Cocaine, Ecstasy, Benzodiazepines (ex. Valium and Xanax), Marijuana, OTC pain medication (Tylenol, Ibuprofen)

# Opioid Overdose Symptoms

## OVERDOSE

**Not breathing or very shallow breathing**

**Deep snoring or gurgling noises**

**Unresponsive to someone calling their name, shaking them, rubbing their sternum**

**Slowed or no heartbeat/pulse**

**Discolored fingertips and lips**

## REALLY HIGH

Speech is slower/slurred

Sleepy looking

Responsive to stimuli (such as shaking, calling name, running sternum, etc.)

Normal heartbeat / pulse

Normal skin tone



# What is Naloxone (Narcan)

**Naloxone is a medication that reverses opioid overdoses.**

**Narcan** is the brand name for the medication, Naloxone.

- Give this medication **right away** to reverse a possible overdose.
- **Starts working in 2 to 3 minutes.**
- Effects last 30 – 90 minutes **(temporary).**



Each box contains **two doses**  
Expires after 3 years  
Best kept at room temperature

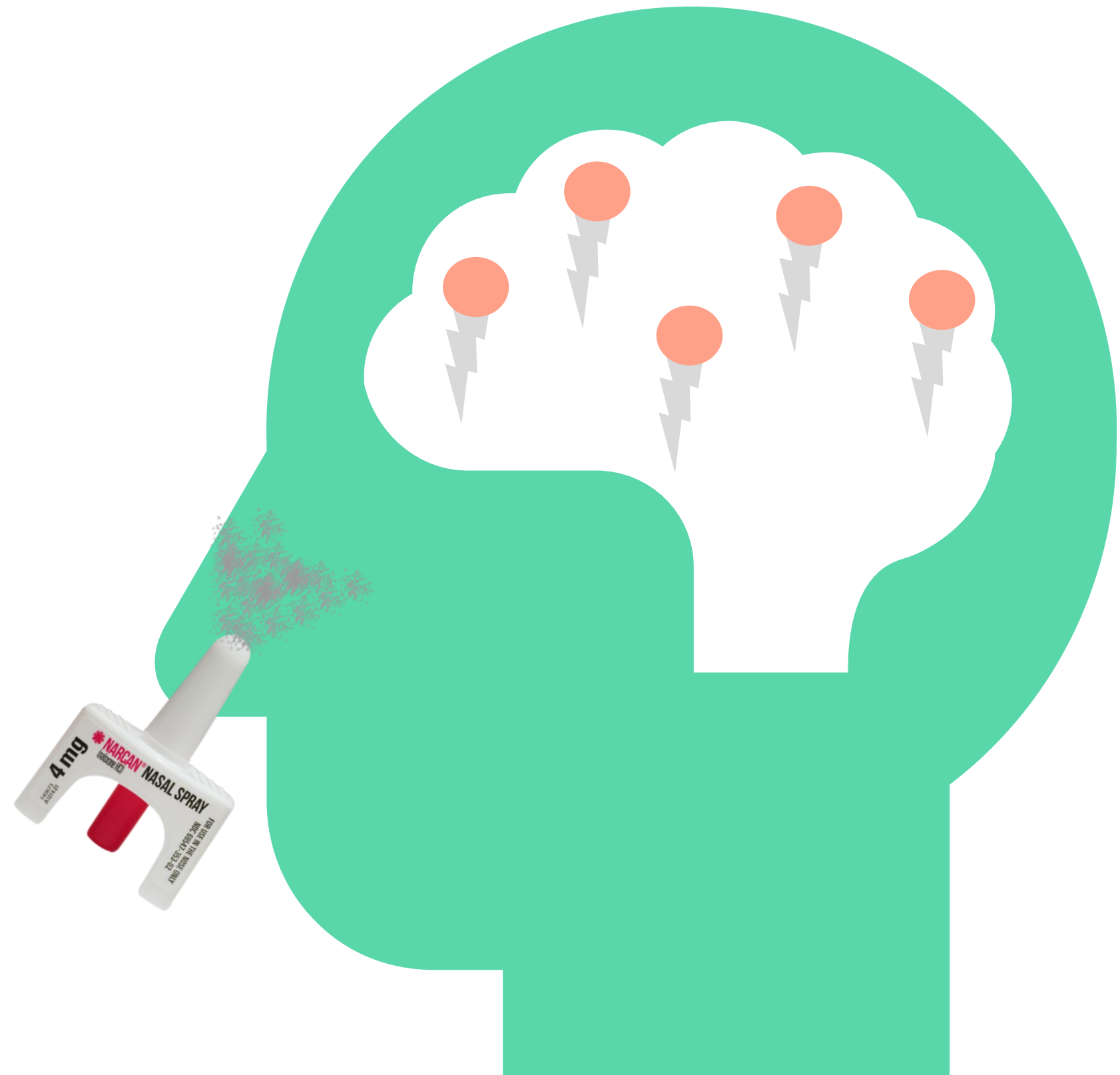
# How does Naloxone reverse an overdose?

## **Naloxone knocks the opioid off the opioid receptor.**

It does nothing other than blocking opioid receptors to prevent opioids from reattaching.

Temporarily takes away the “high,” giving the person the chance to breathe.

**RESTORES BREATHING.**



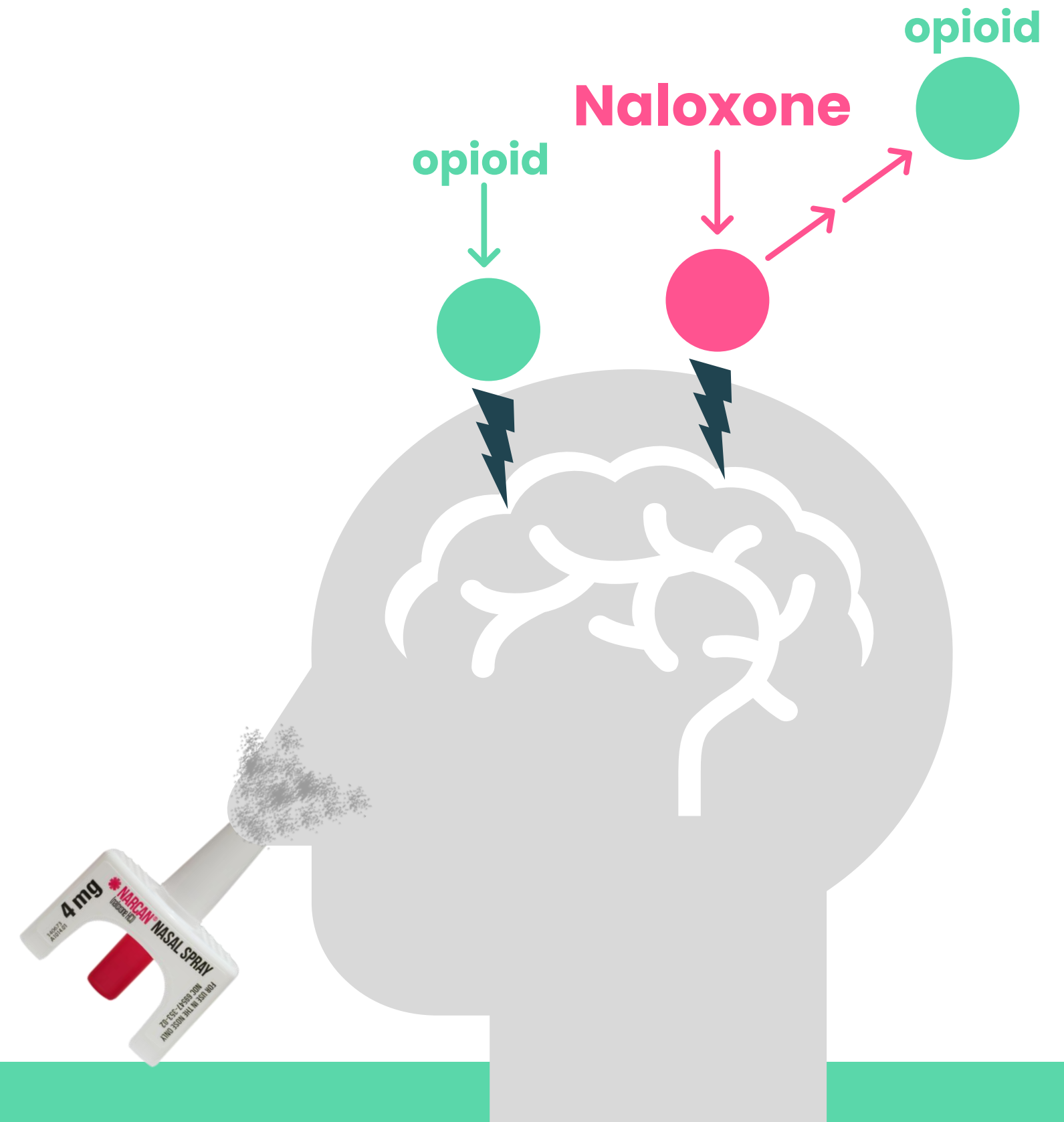
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# Additional Info about Naloxone / Narcan

**Naloxone is very safe for everyone**, including people who are pregnant and children of all ages.

Naloxone **cannot be abused** or cause an overdose.

**When given to a person on opioids, may cause sudden withdrawal symptoms** (nausea/vomiting, chills, diarrhea, muscle soreness, disorientation/confusion, agitation).

**NARCAN**<sup>®</sup>  
NASAL SPRAY

**NOZZLE**

**PLUNGER**

Do not test nasal spray device before use

Each device contains 1 dose of medicine

Each device sprays one time only



USE AS DIRECTED.

# Recognize + Respond

- **Look for signs of overdose** (not breathing, not responding, discolored skin, gurgling noises)
- **Any other helpful info on scene** (report from witnesses, drug use history, drugs or supplies nearby)
- **Approach:** “Hey are you okay” (loudly), shake them, rub their sternum (breastbone) with your knuckles – **if they do not react, it is time to respond.**
- **Call 911 & Administer Naloxone**



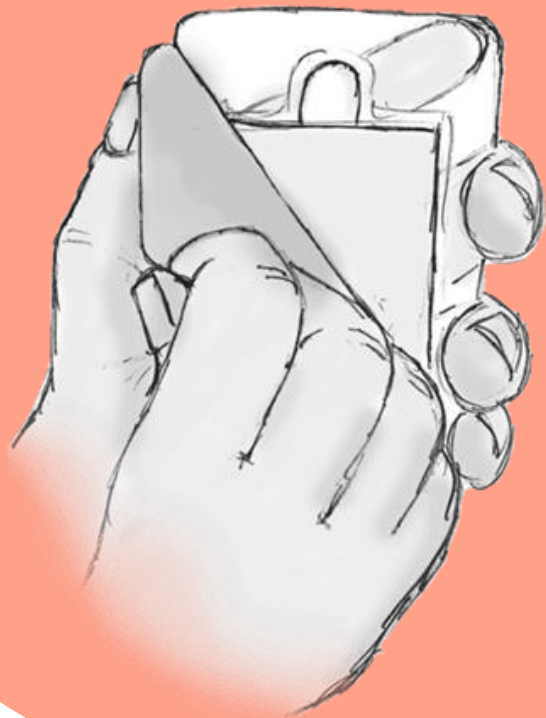
**Overdoses can happen in seconds or minutes – know the signs to respond quickly!**

Watch the clock! Naloxone takes 2–3 minutes to start working after administering.



# Reverse – Administer Naloxone (Narcan)

**PEEL**



**PLACE**

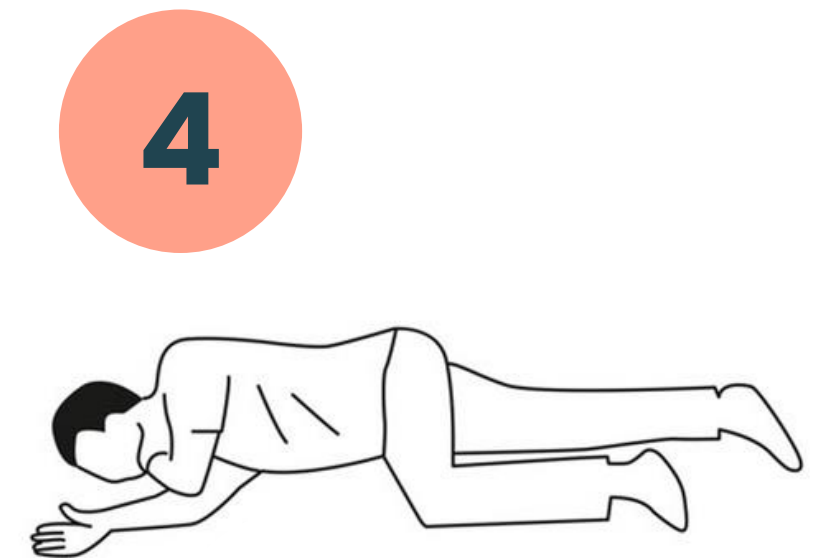
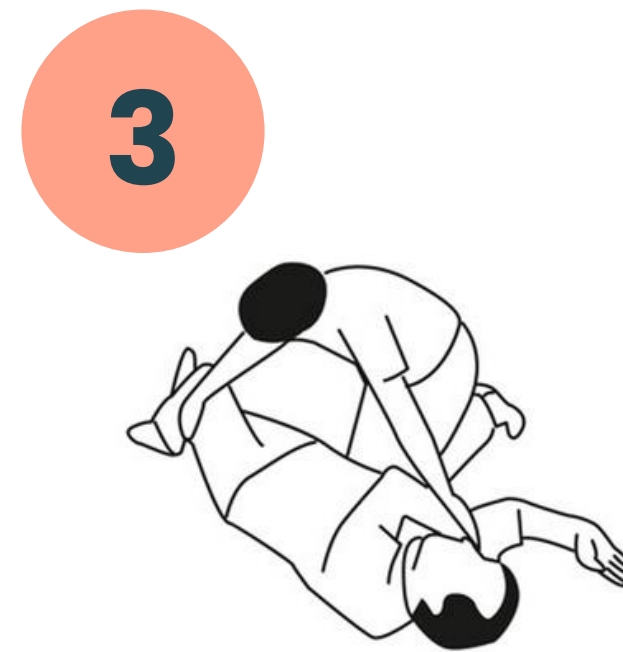
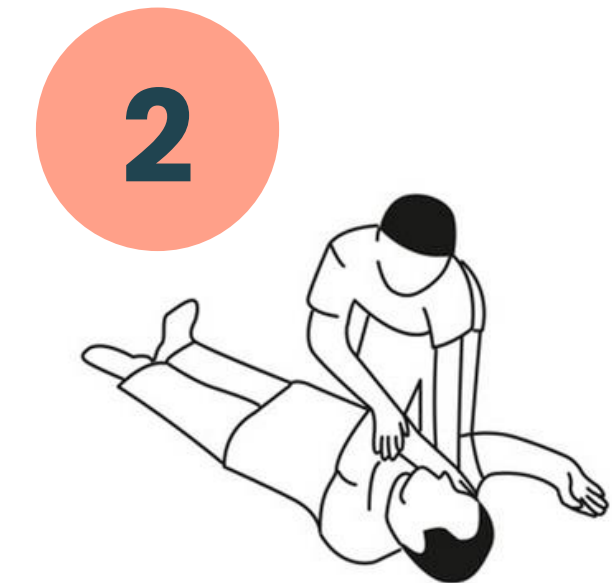
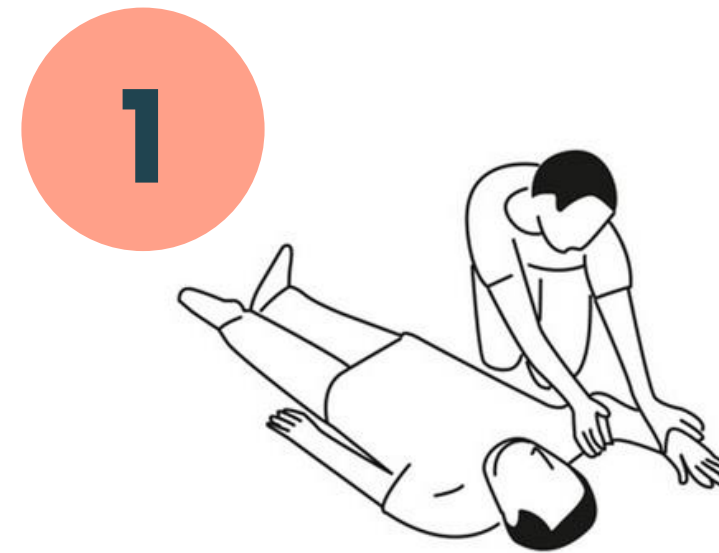


**PRESS**



# Reverse (continued)

- Move into **recovery position** or if **trained, can give CPR**
- If they still aren't breathing after 3 minutes, give another dose of Naloxone.
- **Repeat until they begin breathing**
- Be prepared for **withdrawal symptoms**
- **Monitor and stay** with them until EMS arrives



# Refer

If the individual agrees, have them transported to the nearest medical center.

- Follow-up about seeking treatment
  - Call the **Washington Recovery Helpline** at 1.866.789.1511
- Self-care is essential





# Where do I get Naloxone?



**Carry a second chance  
with Naloxone**

- No age minimum or prescription needed in WA
- Sold over the counter for \$45 at most pharmacies or Amazon
- Covered by Medicaid
- **stopoverdose.org** and provides a list of locations Naloxone is available
- **The People's Harm Reduction Alliance** with WA State Department of Health will mail individuals free Naloxone throughout WA (<http://phra.org/naloxone>)



# What more can you do to prevent opioid overdose?

- Talk to family/friends about medication storage and proper usage
- Keep medications out of reach of children (childproof lock)
- Get rid of old, expired, or unused medications
- Don't flush them or throw away – bring to your local pharmacy or contact the MED-Project at 1 (844) 482-5322, [medtakebackwashington.org](http://medtakebackwashington.org)

