**Opioid Overdose and Naloxone Education— Patient Handout**

**What are opioids?**

Opioids are a class of drugs including heroin, synthetic, and prescription pain medications including:

* Hydrocodone
* Oxycodone
* Fentanyl
* Codeine
* Methadone
* Buprenorphine

**What is an opioid overdose?**

Opioids can cause a person’s **breathing to slow down or stop**— this is considered an overdose.

**Who is at risk of an overdose?**

Persons:

* Leaving emergency care for overdoses
* Lost tolerance – due to detox, incarceration, abstinence based treatment
* Enrolled in treatment programs
* In active substance use

**What is naloxone?**

Naloxone temporarily **blocks the effects** of opioids, and can reverse overdose.

* Naloxone only works if **opioids** are in the body, it has no effect on alcohol or other drugs. It can take **1-5 minutes** to start working and may require more than one dose.
* Effects can last **30-90 minutes,** this varies per person;

Naloxone may cause an opioid dependent person to go into **withdrawal** (e.g. nausea, vomiting, agitation, muscle aches). These symptoms will go away as the naloxone wears off.

**What does an overdose look like?**

* A person is **unresponsive** (they won’t wake up even if you yell or shake them)
* Give the person a sternal rub—rake your knuckles up and down on the front of the rib cage in the middle of their chest.
* Slow or **no breathing**
* Lips and/or fingernails turn blue, pale, or gray

**What to do in case of an overdose?**

1. **Check for Responsiveness.**
2. **Call 911** Follow dispatcher instructions.
3. **Give 2 Rescue Breaths**. for a few quick breaths if the person is not breathing.
4. **Give naloxone** See reverse for instructions. If no reaction after 3 minutes, give second dose.
5. **Give rescue breaths or CPR** (if you know how or are instructed to by 911) until the person responds. Rescue breathing: Tilt head back. Pinch nose. Give 1 breath every 5 seconds, repeat.
6. **After care** Stay with the person as long as you can or until help arrives. Make sure the person **doesn’t take more opioids**. If you must leave the person, place them on their side in recovery position.

**If you don’t have naloxone; call for help and give rescue breaths.**

**Administering Naloxone:**

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