

# PROJECT FREEDOM'S OPIOID OVERDOSE AND NALOXONE TRAINING GUIDE

## What is an opioid overdose?

An opioid overdose occurs when someone has opioids in their system. Opioids include heroin, synthetic opioids such as fentanyl, and pain relievers that are available legally by prescription.

In an overdose, a person's breathing can be dangerously slow or stop completely, resulting in the brain not getting enough oxygen. This can happen in as little as minutes or even hours and results in brain damage or death.

## What can cause an overdose?

- Using opioids after your tolerance has decreased
- Using unregulated/illegal opioids - the strength can vary
- Mixing opioids with benzos, alcohol, other opioids, methamphetamine or cocaine
- Using opioid pain medications more often or at a higher dose than prescribed
- Using someone else's opioid pain medication
- *People who have overdosed in the past are more likely to overdose again*

## Signs of an overdose

- Small, constricted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, shallow breathing, or no breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue, or cold skin

**Alabama's Good Samaritan Law is in place to encourage bystanders to call for help. If you see an overdose, call 911 and stay with the victim until help arrives.**

For more information about opioid overdose, visit our website at <https://vitalalabama.com/project-freedom/>.



# NALOXONE OVERDOSE RESPONSE

Naloxone is a medication that quickly reverses the effects of an opioid overdose. It binds to receptors in the brain and can block the effects of opioids. With Naloxone, someone who is experiencing an overdose may have restored breathing within two to five minutes.

## What to do In the result of an overdose?

1

### Evaluate for Signs of Opioid Overdose.

Using the above signs, identify if the patient may be experiencing an opioid overdose.

2

### Call 911 for Help.

If no emergency medical services (EMS) or other trained personnel is on the scene, call 911 immediately.

3

### Administer Naloxone.

Naloxone should be administered to anyone who is showing signs of an opioid overdose.

4

### Support Breathing.

CPR is an important intervention and may be lifesaving on its own.

5

### Monitor Responses.

A person must be monitored for at least 4 hours after receiving naloxone. Naloxone's effects are short, so overdose symptoms may return.

## 1. STIMULATE



Try to wake them by speaking loudly or rubbing the knuckles of your fist on their breastbone. If unresponsive, call 911.

## 2. NALOXONE ADMINISTRATION



Remove device from packaging. DO NOT TEST THE DEVICE. Tilt the person's head back. Gently insert the tip of the nozzle into one nostril. Press the plunger firmly with your thumb to give the dose.

## 3. AIRWAY



Are they breathing? If not, open the airway by tilting head back and lifting chin up.

## 4. VENTILATION



Give 1 breath every 5 seconds for 2 minutes. Chest should rise with each breath.

## 5. EVALUATE



Are there any changes? If not, you can administer a second dose of Naloxone. Alternate nostrils with each dose.

## 6. EVALUATE AGAIN



Move the person on their SIDE. You can give a dose of Naloxone every 2 to 3 minutes if additional doses are available. Continue CPR until help arrives if you're able.