

What is Narcan?

Also called “naloxone,” Narcan is a safe, effective medication that can save a life by stopping an opioid overdose.

Narcan is usually injected with a syringe. It can be injected into a muscle in the thigh or upper arm. It also comes in a spray.

Where to get Narcan?

If you or someone you know uses opioids you can get Narcan from your doctor or pharmacy.

Paramedics and ambulances also carry naloxone.

Prevent Overdose

- Avoid mixing opioids with other drugs or alcohol.
- Know what you are taking and the strength. If you aren't sure, take less.
- Know your tolerance. If you aren't sure, take less.
- Make sure someone is there who knows how to help you if something goes wrong.
- Learn rescue breathing and how to give Narcan.
- Keep Narcan with you in case of overdose.

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If someone
OVERDOSED
would YOU
know what
to do?

This could help you
SAVE A LIFE!

WHO CAN OVERDOSE?

Anyone who uses drugs or medications can overdose. Opioid overdose can cause death because you can stop breathing.

WHAT ARE OPIOIDS?

Medicines for pain: Vicodin, Codeine, Oxy-Contin, Percocet, Opana, Methadone, Fentanyl and Norco. Heroin is also an opioid.

WHAT CAN LEAD TO AN OVERDOSE?

- Using Opioids for Chronic Pain.
- Mixing opioids with alcohol or medication that has a “downer” or relaxing effect (Xanax, Ativan, Klonopin, Valium or sleeping pills).
- Accidental overdose by unaware family, children and elderly.
- If you don't know how potent the drug is or you haven't take them in a while, it is easy to take too much. If you aren't sure how strong it is, take less to start.
- Pills come in different strengths. OxyContin can be a 10mg pill or an 80mg pill. *Big difference!* Know what you are taking!
- If you take drugs or medications, try to be with other people who can help you if something goes wrong.

ARE THEY BLUE? PASSED OUT? SLEEPING?

If they took pills, drugs or medication it could be an overdose! Are they:

- Not Breathing, Slow breathing?
- Lips or skin look blue or gray?
- Eyes rolled back?
- Limp, unresponsive?
- Slow pulse, no pulse?

WHAT TO DO?

- DON'T LEAVE THEM ALONE TO SLEEP IT OFF!
- Try to wake them. Shake them. Call their name.
- Are they breathing? Put your ear close to their mouth. Can you hear or feel them breathing?
- If not, BREATHE FOR THEM (Rescue Breathing), and call 911.
- If you have Narcan, USE IT! Give them an injection into the muscle (Thigh or upper arm) or use the nasal spray.

BREATHE FOR THEM It Can Save a Life!

- Roll them on their back
- Tilt their head back
- Remove anything in their mouth
- Pinch their nose shut
- Take a deep breath and breathe into their mouth. 2 breaths to start, then 1 breath every 4 seconds.

Breathing for them can keep them alive, but it's hard to do for long, so call 911 ASAP!

Call 911 It Can Save a Life!

- Paramedics have oxygen and naloxone (Narcan) and can take them to the hospital.
- When you call 911, the police may come too. Sometimes people are afraid to call for fear of getting in trouble, but if you don't call, the person could die.

ADMINISTER NARCAN It Can Save a Life!

- If you have Narcan, USE IT! It can save a life!
- Available in nasal spray and injection.