

## What is an opioid overdose?



Opioids can cause bad reactions that make your breathing slow or even stop. This can happen if your body can't handle the opioids that you take that day.

### TO AVOID AN ACCIDENTAL OPIOID OVERDOSE:

- Try not to mix your opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium), or medicines that make you sleepy.
- Be extra careful if you miss or change doses, feel ill, or start new medications.

## Now that you have naloxone...

Tell someone where it is and how to use it.

## Common opioids include:

GENERIC	BRAND NAME
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxicodone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, TyCo, Tylenol #3
Fentanyl	Duragesic
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail, Butrans

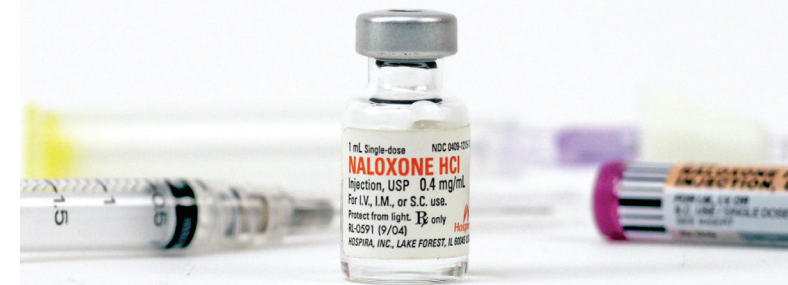
\* Heroin is also an opioid.

For patient education, videos and additional materials, please visit [www.prescribtoprevent.org](http://www.prescribtoprevent.org)



SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

# Opioid safety and how to use naloxone



A GUIDE FOR PATIENTS AND CAREGIVERS

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

## How to identify an opioid overdose:

### Look for these common signs:

- The person won't wake up even if you shake them or say their name
- Breathing slows or even stops
- Lips and fingernails turn blue or gray
- Skin gets pale, clammy

## In case of overdose:

### 1 Call 911 and give naloxone

If no reaction in 3 minutes, give second naloxone dose

### Do rescue breathing or chest compressions

Follow 911 dispatcher instructions

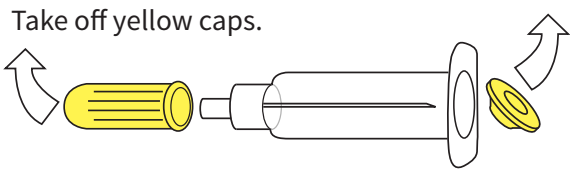
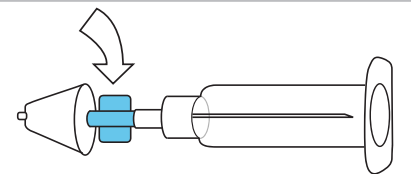
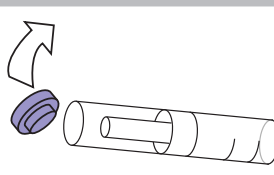
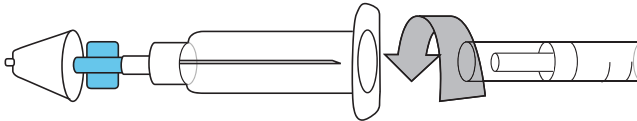
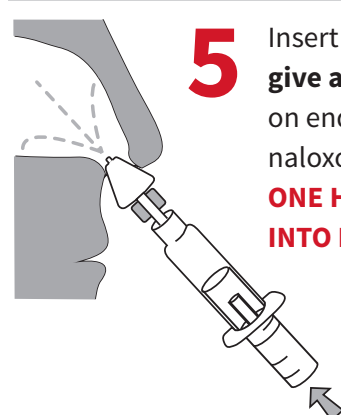
### After naloxone

Stay with person for at least 3 hours or until help arrives


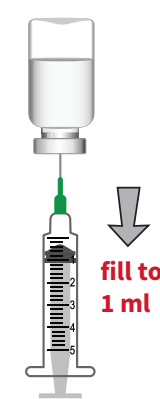
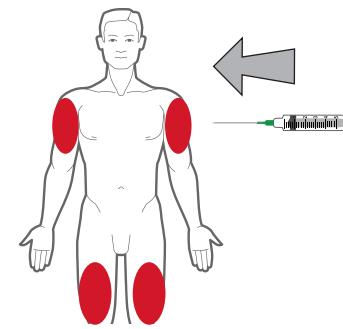
## How to give naloxone:

There are 3 ways to give naloxone. Follow the instructions for the type you have.

### Nasal spray naloxone

- 1** Take off yellow caps. 
- 2** Screw on white cone. 
- 3** Take purple cap off capsule of naloxone. 
- 4** Gently screw capsule of naloxone into barrel of syringe. 
- 5** Insert white cone into nostril; give a short, strong push on end of capsule to spray naloxone into nose: **ONE HALF OF THE CAPSULE INTO EACH NOSTRIL.**  Push to spray.
- 6** If no reaction in 3 minutes, give second dose.

### Injectable naloxone

- 1** Remove cap from naloxone vial and uncover the needle. 
- 2** Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 ml.  fill to 1 ml
- 3** Inject 1 ml of naloxone into an upper arm or thigh muscle. 
- 4** If no reaction in 3 minutes, give second dose.

### Auto-injector

The naloxone auto-injector is FDA approved for use by anyone in the community. It contains a speaker that provides instructions to inject naloxone into the outer thigh, through clothing if needed.