

Life-saving Narcan- an Opioid Overdose Treatment



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What is Narcan (Naloxone)?

Narcan can reverse an overdose from opioid, including heroin, fentanyl, and prescription opioid medications. Narcan is an easy-to-use nasal spray that can save lives in emergency, like how an EpiPen is used in a severe allergic reaction.

Anyone who requests Narcan/Naloxone can get it from their pharmacy.

You don't need a prescription for Narcan and it is usually covered by your insurance.



Who should carry Narcan, just in case:

- Those who interact with people who use drugs, **like friends, family, and emergency personnel**
- Persons receiving **high dose of opioids** • History of previous overdose
- Concurrent use of **alcohol, antidepressants, benzodiazepine, muscle relaxers, or seizure medications**
- History of **smoking, asthma, COPD** or other respiratory illness/obstruction
- History of **substance use disorder, anxiety, or depression** • History of **kidney or liver disease**

What are signs of an opioid-related overdose:



Unusual sleepiness or unresponsiveness



Breathing will be slow or absent



Slow heartbeat or low blood pressure



Skin feels cold and clammy



Pupils are tiny



Nails and lips are blue

Where to get Narcan in WA?

Find the closest naloxone pharmacy or program [Find naloxone near you | stopoverdose.org](https://www.stopoverdose.org)
Ask your doctor or pharmacist

King County Residents

Individual free naloxone mail order

<https://www.kelley-ross.com/polyclinic/ll/>

Entity (colleges, universities, or high school)
naloxone request
athomas@kelley-ross.com

Non-King County Residents

Individual free naloxone mail order

<https://forms.gle/b3prxAdqiKa2CwZn8>

Entity naloxone request
<https://www.narcan.com/public-service-resources/>

How to Administer Narcan:

1 Identify Opioid Overdose and Check for Response

Ask person if he or she is okay and shout name.

Shake shoulders and firmly rub the middle of their chest.

Check for signs of opioid overdose:

- Will not wake up or respond to your voice or touch
- Breathing is very slow, irregular, or has stopped
- Center part of their eye is very small, sometimes called “pinpoint pupils”

Lay the person on their back to receive a dose of NARCAN Nasal Spray.



2 Give NARCAN Nasal Spray

Remove NARCAN Nasal Spray from the box.

Peel back the tab with the circle to open the NARCAN Nasal Spray.



Hold the NARCAN nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



Gently insert the tip of the nozzle into either nostril.

- Tilt the person’s head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into **one nostril**, until your fingers on either side of the nozzle are against the bottom of the person’s nose.



Press the plunger firmly to give the dose of NARCAN Nasal Spray.

- Remove the NARCAN Nasal Spray from the nostril after giving the dose.



3 Call for emergency medical help, Evaluate, and Support

Get emergency medical help right away.

Move the person on their side (recovery position)

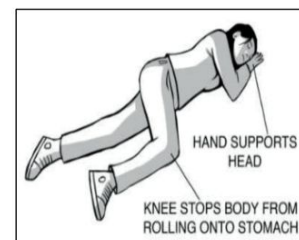
after giving NARCAN Nasal Spray.

Watch the person closely.

If the person does not respond by waking up, to voice or touch, or breathing normally another dose may be given. NARCAN Nasal Spray may be dosed every 2 to 3 minutes, if available.

Repeat Step 2 using a new NARCAN Nasal Spray to give another dose in the other nostril. If additional NARCAN

Nasal Sprays are available, repeat step 2 every 2 to 3 minutes until the person responds or emergency medical help is received.



When in doubt, use Narcan! It is safe and effective

Safety

-Narcan does NOT reverse overdose caused by non-opioid drugs such as:

- Cocaine, benzodiazepines, methamphetamines, alcohol

-Narcan may cause symptoms of withdrawal in patients dependent on opioids including:

- fever, agitation, increased blood pressure/heart rate, vomiting

-ALWAYS seek medical attention after using Narcan

- A person can fall back into overdose without medical care.

WA Good Samaritan Law

If you seek medical assistance in a drug-related overdose, you cannot be prosecuted for drug possession.

The overdose victim is also protected from drug possession charges.