

How to Reverse an Opioid Overdose



1. Verbal cues

Loudly ask
'HEY, are you okay?'

2. LIGHT PHYSICAL STIMULATION

gently **shake shoulder**
Or
tap their feet

3. INTENSE PHYSICAL STIMULATION

Nail bed Press: Press the nail bed, right where the nail starts to grow.
Other Pressure Points: Press above the eyes.
Sternum rub: Knuckles together and rub the sternum in a vertical motion.

4. CONSENT

If a person has remained unresponsive to all of the previous steps let them know you're going to give them narcan.

'Hey, I'm going to give you narcan if you don't respond'

Giving someone narcan is extremely uncomfortable and puts them into withdrawal.

If the person still doesn't respond, be prepared to give them narcan.

5. GIVING NARCAN

1. Place the narcan into the person's nose.
2. Press the red plunger all the way up to release the entire dose.
3. Call 911

4. Start giving rescue breaths (Rt). If you're not comfortable doing this immediately put the individual into the rescue position. (graphic below)

5. **If person isn't breathing on their own, give second dose 3-5 minutes after first.**

Giving another dose sooner does not make Narcan work faster!

6. RESCUE BREATHS

1. Check to make sure airway is clear, you may need to sweep the mouth to remove any caps or candy.

2. Tilt the head back, pinch the nose.

3. Create a barrier between yourself and the persons mouth (a face shield or shirt)

4. One breath every 5 seconds

5. Once the person is breathing on their own, put them in the rescue position.



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