

Emergency First Aid for a Suspected Opioid Overdose

1

Check to See if They Respond

- Shake them or call their name
- Rub your knuckles hard in the middle of their chest ("sternal rub")

2

Call 911

- You do not need to mention drugs
- Give the address or location
- Tell them there is a person that has stopped breathing and is unresponsive

3

Give Rescue Breaths

- Place them on their back, head tilted back and chin up
- Make sure there is nothing in their mouth and pinch their nose closed
- Breathe two slow breaths into their lungs, making sure the chest rises

4

Give Naloxone

- Follow the instructions for NARCAN Nasal Spray
- If the person does not respond in 2-5 minutes, give another dose

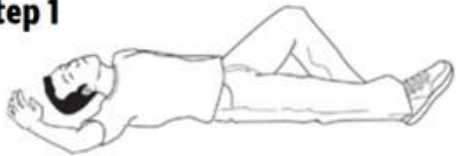
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Stay Until Help Arrives

- Continue rescue breathing, one breath every 5 seconds
- If the person is breathing on their own, put them in recovery position and tilt their head back to keep their airway clear
- The person may start to overdose again when the naloxone wears off, so it is very important to call 911

How to Place Someone in the Recovery Position

Step 1



Step 2



Step 3



What is Project DAWN?

Project DAWN is a community-based drug overdose prevention and education project

Participants receive training on:

- Recognizing the signs & symptoms of overdose
- Calling emergency medical services
- Administering intranasal Naloxone
- Monitoring person until help arrives

Project DAWN is named in memory of Leslie Dawn Cooper, who struggled with addiction for years before dying of a witnessed opioid overdose on October 3, 2009

For information on how to obtain an overdose prevention kit, please contact:
Wayne County Health Department
(330) 264-9590
www.wayne-health.org/project-dawn



Public Health
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Wayne County Health Department
244 W South Street Wooster, Ohio 44691

WAYNE COUNTY HEALTH DEPARTMENT



Deaths Avoided With Naloxone



A community-based drug overdose prevention & education project

What is Naloxone?



Naloxone (Narcan) is a medication that can reverse an overdose that is caused by an opioid drug

- Has only one function: to reverse the effects of opioids to prevent death
- Blocks the effects of opioids on the brain
- Restores breathing within 2-8 minutes
- Used safely for 40 years by emergency personnel
- No potential for abuse
- It is harmless if given to a person who is not experiencing an opioid overdose
- It will produce withdrawal symptoms on a person who is dependent on opioids (withdrawal is not life-threatening)
- Does **NOT** reverse overdoses caused by non-opioid drugs such as:
 - Cocaine,
 - Benzodiazepines (e.g. Xanax, Klonopin and Valium),
 - Methamphetamines,
 - Alcohol

What are Common Opioids?

Common opioid pain medications:

- Hydrocodone *Lorcet & Vicodin*
- Oxycodone *Percocet*
- Long Acting Opioids
Oxycotin, MS Contin & Methadone
- Patches *Fentanyl*

Other brand name opioids include:

Opana ER, Avinza & Kadian



*****Opioids include heroin & prescription pain medications*****

How do I know if someone is overdosing?

A person who is experiencing an overdose may have the following symptoms:

- Breathing has stopped or is slow & shallow (less than 10 breaths per minute)
- Vomiting
- Face is pale and clammy
- Blue or grayish lips & fingernails
- Erratic, Slow or No pulse
- Choking or loud snoring noises
- Does not respond to shaking or sternum rub
- Skin may turn gray, blue, or ashen

**An overdose is a medical emergency!
Call 9-1-1 immediately & begin first aid!**

What are the Risk Factors for an Opioid Overdose?

Mixing Drugs

- When an opioid is mixed with alcohol, benzodiazepines, or antidepressants
- Like opioids, Alcohol & benzodiazepines (*Xanax, Klonopin & Valium*) impact an individual's ability to breathe

Lowered Tolerance

- Tolerance is your body's ability to process a drug
- Tolerance changes over time so that you may need more of a drug to feel its effects
- Tolerance can decrease rapidly when someone has taken a break from using a substance
- Taking opioids after a period of not using can increase the risk of a fatal overdose

Health Problems

- Since opioids can impair your ability to breathe, if you have asthma or other breathing problems you are at higher risk for an overdose
- Individuals with liver or kidney disease or dysfunction, heart disease or HIV/AIDS are also at an increased risk of an overdose

Previous Overdose

- A person who has experienced a nonfatal overdose in the past has an increased risk of a fatal overdose in the future