

# Naloxone for Overdose Prevention

## How to Respond to an Overdose



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### Are they breathing? Signs of an overdose:

- Slow or shallow breathing
- Unusual snoring or gurgling sounds while breathing
- Pale, bluish or ashen gray skin
- Slow heartbeat, low blood pressure
- Won't wake up or respond (rub knuckles on sternum)



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### Call 911 for help

All you have to say is "someone is unresponsive and not breathing."  
Give clear address and location.



3

### Check airway

Make sure nothing is inside the person's mouth.



4

### Rescue breathing

One hand on chin, tilt head back, pinch nose closed. Make a seal over mouth and breathe in. One breath every 5 seconds. Chest should rise, not stomach.

5

### Administer Naloxone

**Are they any better?** Can you get naloxone and prepare it quickly enough that they won't go for too long without your breathing assistance?

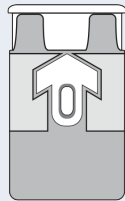
This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.



#### Nasal Spray (ready-to-use)

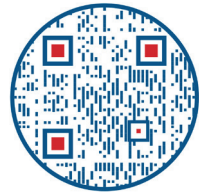
- A. Peel back the package to remove the device.
- B. Place the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.
- C. Press the plunger firmly to release the dose into your patient's nose.
- D. If there is no response after 3 minutes, give 2nd dose in other nostril.

The naloxone auto-injector needs no assembly and can be injected into the outer thigh, even through clothing. It contains a speaker that provides step-by-step instructions.



#### Auto-Injector (ready-to-use)

- A. Pull auto-injector from outer case.
- B. Pull off red safety guard.
- C. Place the black end of the auto-injector against the outer thigh, through clothing if needed, press firmly and hold in place for 5 seconds.
- D. Repeat if there is no response after 3 minutes.



**Get naloxone for free!**  
Find out more about NJ's Naloxone365 Program by scanning the QR code or visiting

[nj.gov/humanservices/stopoverdoses/](http://nj.gov/humanservices/stopoverdoses/)

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### Evaluate and Support

- Continue rescue breathing; if the person begins breathing on their own, turn them on their side so they do not choke on their vomit.
- Give another shot of naloxone in 3 minutes if there is no or minimal breathing or responsiveness.
- Comfort them; withdrawal can be unpleasant and the person may have an emotional reaction or feel sick.
- Naloxone wears off in 30-90 minutes. Opioids last longer in the body than naloxone, so re-overdose is possible.
- To ensure the person is safe from additional overdoses, make sure they get to an emergency room to receive medical care and recovery support services.

#### What is Naloxone?

Naloxone (such as Narcan®) is a prescription medication that can reverse an overdose that is caused by an opioid drug. When administered during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing. It can be given as an injection into a muscle or as a nasal spray.

Naloxone has no potential for abuse. If it is given to a person who is not experiencing an overdose, side effects are rare. If naloxone is administered to a person who is experiencing an opioid overdose, it can produce withdrawal symptoms. Naloxone does not reverse overdoses that are caused by non-opioid drugs.

Naloxone should be stored at room temperature and away from light. The shelf life of naloxone is one to two years. More info can be found at: [nj.gov/humanservices/stopoverdoses/](http://nj.gov/humanservices/stopoverdoses/)

Tackling addiction together.

[rwjbh.org/preventionandrecovery](http://rwjbh.org/preventionandrecovery)

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## How to Avoid an Overdose

- Only take medicine prescribed to you
- Don't take more than instructed
- Call a doctor if your pain gets worse
- Never mix pain medication with alcohol
- Avoid sleeping pills when taking medications
- Dispose of unused medications
- Store your medicine in a secure place
- Learn how to use naloxone
- Teach your family and friends how to respond to an overdose



## Harm Reduction in Substance Use



Expanding the use of harm reduction — an evidence-based public health practice endorsed by the Centers for Disease Control and Prevention (CDC), American Medical Association and World Health Organization — is part of New Jersey's comprehensive plan to address the opioid epidemic.

Harm reduction practices can help prevent overdose deaths and minimize harm associated with the use of fentanyl and other synthetic opioids. Fentanyl is a synthetic opioid that is similar to morphine but 50 to 100 times more potent. It is often pressed into counterfeit pills or mixed with heroin — with or without the user's knowledge.



### Help Save a Life

If you are using drugs, especially opioids, please keep these harm reduction strategies in mind:

- 1 Never use alone.
- 2 Always use a clean needle and never share needles.
- 3 Have naloxone with you and know how to use it.
- 4 Go slow, especially if you are using something different than what you normally use. Use fentanyl test strips if necessary.
- 5 Find harm reduction centers at [nj.gov/health/hivstdtb/hrc/](https://nj.gov/health/hivstdtb/hrc/)

## How to Find Services and Support

**Peer Recovery Services:** RWJBarnabas Health Institute for Prevention and Recovery's Peer Recovery Program (PRP) provides recovery support services for all individuals who present with substance use disorder in hospitals, ambulatory care settings and in the community. If you or a loved one is in need of recovery support, contact us at 848-303-0008.

**Social Support:** RWJBarnabas Health's All Recovery Meetings are for everyone who supports recovery. They are non-denominational and honor all pathways to recovery. Meetings are facilitated by trained and certified IFPR Peer Recovery Specialists and provide social support for those seeking or maintaining recovery, as well as family members, friends and supporters of those who have been influenced by substance use. To learn more go to [rwjbh.org/allrecovery](https://rwjbh.org/allrecovery)

**Resources:** For all other addiction related services or for help, call 1-844-ReachNJ (1-844-732-2465), 24 hours a day/7 days a week.

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