

## What NOT To Do During an Opioid

### Overdose

- Do not wait to check for opioid overdose! Check breathing right away!
- Do not put the person in a bath
- Do not give the person anything to drink (including water)
- Do not try to wake up the person in a way that could hurt them (slapping, kicking, burning, etc)

## Massachusetts Good Samaritan Overdose Prevention Law

This law protects people who have overdosed or people seeking help for someone who has overdosed from being charged with drug possession.

### Where to get Narcan

Your local pharmacy (like CVS or Walgreens) will provide this without a prescription

### Additional Resources

For assistance with finding addiction treatment, support groups, or recovery services:

#### 1. The Massachusetts Substance Abuse Information and Education Helpline

1-800-327-5050 or  
[www.helpline-online.com](http://www.helpline-online.com)

#### 2. Brigham and Women's Faulkner Hospital Outpatient Suboxone Program:

617-983-7060 (option 2)

#### 3. "Learn 2 Cope": [www.learn2cope.org](http://www.learn2cope.org)

## What are Opioids?

Opioids, sometimes called narcotics, are powerful prescription medicines that help relieve pain. However, they can also cause slower heart rate, nausea, constipation, and decreased breathing.

### Opioids include:

- Oxycontin or Percocet (Oxycodone)
- Vicodin, Lortab, Norco (Hydrocodone)
- Fentanyl (Duragesic, Fentora)
- Dilaudid, Exalgo (Hydromorphone)
- Methadone
- MS Contin (Morphine)
- Codeine
- Opana (Oxymorphone)
- Heroin

## What is Narcan?

Narcan, also known as naloxone, is a medicine that can reverse the negative effects of an opioid overdose. When you have too much opioid in your body this is called an opioid overdose. An opioid overdose can slow down your breathing, which can cause permanent brain damage or even death.

**This medication only works when there are opioids in still in your body. No opioids = No effect.**

**If you give this medication to someone without opioids in their body, it will not hurt them.**

## Risk Factors for Opioid Overdose

- Mixing opioids with alcohol or benzodiazepines (drugs like Valium or Ativan)
- A higher dose is needed to achieve the desired effect (Increased tolerance)
- Buying opioids from somewhere other than a pharmacy
- Physical health
- Previous overdoses
- Taking opioids on an empty stomach



BRIGHAM AND  
WOMEN'S HOSPITAL

## Naloxone (Narcan) for Opioid Overdose Education Pamphlet



# Steps to Give Narcan

## Step 1: Know the Signs of Overdose

An overdose can occur when a person is unresponsive, not breathing, or struggling to breathe.

Other signs of overdose:

- Person is passed out and you cannot wake them up.
- Person has slow or no breathing
- Person is making a snoring sound
- Blue, grey, or pale skin color

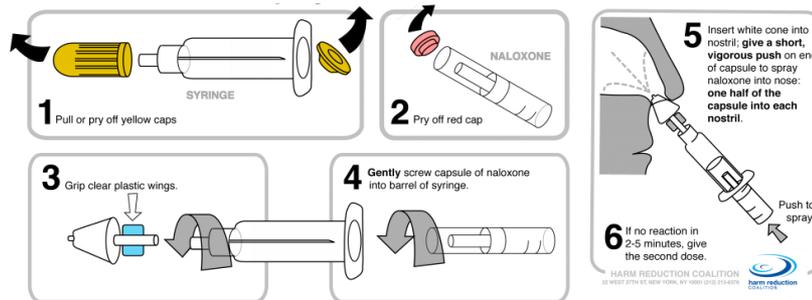
## Step 2: Using Naloxone (Narcan)

Follow the instructions for whichever supply of naloxone (Narcan) you have on hand.



### NARCAN® Nasal Spray

- 1** Peel back the package to remove the device.
- 2** Place the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.
- 3** Press the plunger firmly to release the dose into the patient's nose.



## Return to Rescue Position



May repeat in 2-3min

## Step 3: Call 9-1-1

- When you call, tell them that you think someone has overdosed.
- **You and the overdosed person are protected from criminal charges under Massachusetts Law.**

## Step 4: Rescue Breathing

- Make sure nothing is in the person's mouth
- Tilt the head back, lift the chin, pinch the nose
- Start with two breaths into the person's mouth.
- Continue giving 1 breath every 5 seconds until the person is breathing on their own or help arrives



## Step 5: Stay Until Help Arrives

Stay with the person until help arrives

Continue rescue breathing

If you must leave, return the person to the "rescue position"

Narcan only lasts 60-90 minutes. The victim can go back into overdose and may need a second dose if this happens.

After administering Narcan, the patient may experience withdrawal symptoms including but not limited to: body aches, diarrhea, fast heartrate, fever, restlessness, nausea/vomiting.

Do not let the person take any more opioids after they wake up.