

## NARCAN Nasal Spray



*Saving Lives Erie County*

## PROJECT DAWN Quick Reference Guide

If there is an incident where your NARCAN had to be used, is lost or has expired, contact Erie County Health Department at 419-626-5623 ext. 174 and we can instruct you on how to get your refill.

Saving Lives Erie County/Project DAWN at Erie County Health Department  
420 Superior Street, Sandusky, OH 44870 • www.eriecohealthohio.org

## NARCAN Fast Facts

- NARCAN is a safe medication that can reverse an overdose that is caused by an opioid drug such as prescription pain medication or heroin. It works by neutralizing the opioids in your system and helping you breathe again.
- NARCAN **does not** reverse overdoses that are caused by non-opioid drugs, such as cocaine, benzodiazepines (e.g. Xanax, Klonopin and Valium), methamphetamines, or alcohol.
- If NARCAN is administered to a person who is dependent on opioids, it will produce withdrawal symptoms. Withdrawal, although uncomfortable, is not life-threatening.
- The shelf life of NARCAN is approximately two years. NARCAN should be kept out of direct light and at room temperature (between 59 and 86 degrees Fahrenheit).

## Remember, if you suspect an opioid overdose...



**CALL 9-1-1**



**RESCUE BREATHING**



**GIVE NARCAN**



This NARCAN was prescribed to the carrier by a medical professional. If you have questions or concerns, please contact the Erie County Health Department at 419-626-5623 ext. 174.

**Remember:** The shelf life of NARCAN is approximately two years. NARCAN should be kept out of direct light and at room temperature (between 59 and 86 degrees Fahrenheit).

## Signs of an Opioid Overdose

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

- breathing is slow and shallow (less than 10 breaths per minute) or has stopped;
- slow, erratic, or no pulse (heartbeat);
- vomiting;
- choking or loud snoring noises;
- face is pale and clammy;
- will not respond to shaking or sternum rub;
- blue or grayish lips and fingernails;
- skin may turn gray, blue, or ashen;

## Responding to a Suspected Overdose

### 1) Check to see if they can respond

- Give them a light shake, yell their name. Any response?
- If you don't get a response, try a STERNUM RUB (rub your knuckles on their chest bone for 10 seconds).

### 2) Call 9-1-1

*You do not need to mention drugs when you call. Provide basic information:*

- Give the address and location.
- Say "I have a person who has stopped breathing" or "My friend is unconscious and I cannot wake them up".

### 3) Perform Rescue Breathing

- Make sure nothing is in their mouth.
- Tilt head back, lift chin & pinch nose.
- Start by giving two breaths by mouth making sure the chest rises.
- If the chest does not rise, tilt the head back more and make sure you are plugging their nose.

### 4) Give NARCAN

- **See instructions below.**
- Continue rescue breathing, one breath every 5 seconds, while waiting for the NARCAN to take effect.
- Give a second dose of NARCAN if there is no response in 2-3 minutes.

## How to use 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. **If the person does not respond** by waking up, to voice or touch, or breathing, in 2-3 minutes, another dose may be given

### 5) After NARCAN

- If the victim begins breathing on their own, put them in the recovery position making sure to tilt their head back to keep their airway clear (see diagram).
- Continue to monitor their respirations and perform rescue breathing if respirations are below 10 breaths a minute.
- If vomiting occurs, clear their mouth and nose.
- Stay with them until help arrives. NARCAN may wear off and the victim could start to overdose again.

#### How to Place Someone in the Recovery Position

