OD Prevention Training – Essential Topics

What does naloxone (Narcan®) do?
- Reverses overdoses due to opioids (i.e. heroin, OxyContin, Percocet, Vicodin, methadone)
- Will not cause harm if it is not an opioid overdose

How to recognize an Overdose?
- Unconscious
- Shallow or no breathing; breathing is often noisy: snoring, gurgling.
- Turning blue
- Person not responsive Teach “sternal rub” a.k.a. “sternal grind”

What to do in case of an OD?
- Call 911 and say “my friend is overdosing and not breathing”
- Narcan (naloxone)
  - Blocks heroin or opioid for 30-90 minutes, reversing an overdose and causing withdrawal, after which the heroin or opioid comes back
  - Takes 2-5 minutes to work
  - If no response give the second dose in 2-5 minutes
- Administer naloxone
  - Nasal Spray: Person on back with head tilted back
  - Spray: ½ up each nostril
  - Intramuscular injection in the arm or thigh
- Place person in “recovery position” if they will be left alone

Demonstration:
  Have each participant assemble whichever device they will use. If nasal spray: remove colored caps and screw capsule into syringe-like device with nose piece attached. If vial and needle: demonstrate filling syringe from medical vial.

Follow-up:
- Explain what happened, and advise against using any more drugs now
- If EMS is not present:
  - If the person isn’t fully awake, walking and talking, call 911 or take them to the ER
  - If not seeking medical care, stay with the person until after the naloxone has fully worn off – at least 3 hours - to watch for return of overdose

Is it legal?
- It is legal to carry and use naloxone in New York State, if properly trained and prescribed.

Return for another kit, if:
- You use your kit (anonymous reporting form) or when near expiration date.

See other side of page for more topics, if there is enough time
Important information – if there is enough time

What are the risk factors for Overdose?

- Mixing drugs
- Reduced tolerance (incarceration, hospital, detox, rehab)
- Using alone

Resuscitation

If the person is not breathing normally you may do one of the following:

1) If you are trained in CPR, you may do both rescue breathing and chest compressions
2) Chest compression alone. Rescue Breathing (mouth-to-mouth):
   - Face mask is included in naloxone kit
   - Tilt head back, pinch nose
   - Start with 2 quick breaths
   - If the chest doesn’t rise, reposition head and check mouth for food, gum, etc. and try again.
   - Then give one breath every 5 seconds.
     Give normal sized breaths so you don’t blow up the stomach or get dizzy

Good Samaritan law

A person who in good faith seeks care for himself or someone experiencing a life threatening emergency will not be charged or prosecuted for a drug- or alcohol-related offense including possession of drug paraphernalia, with some exceptions.

Offers protection from charge and prosecution for possession of:
- Drugs up to an A2 felony offense (possession of up to 8oz of narcotics);
- Alcohol (for underage drinkers);
- Marijuana (any amount);
- Paraphernalia offenses;
- Sharing of drugs (in NYS sharing constitutes a “sales” offense).

Does not protect:
- Parole violations
- Other crimes on the scene (weapons, stolen goods)

Does not address:
- Parole violation
- Child Protective Services, housing issues