



WHAT IS AN OPIOID OVERDOSE

An opioid overdose happens when medications that contain opioids are taken in excess or without proper medical supervision. Opioids like morphine and oxycodone can cause breathing to stop and lead to death when taken incorrectly. The risk is greater when opioids are mixed with alcohol or other drugs.

To identify an opioid overdose look for these common signs and symptoms:

- Loud snoring or gurgling noises
- Unresponsive/unconscious
- Skin pale, clammy
- Lips/fingertips turn blue

DID YOU KNOW

Maryland's Good Samaritan Law protects you. Call 911 if you witness an overdose. You cannot be arrested, charged or prosecuted for possession of a controlled, dangerous substance, possession or use of drug paraphernalia or providing alcohol to minors. Maryland's law does NOT protect against arrest for open warrants and crimes not listed above.

Suggested Resources for Family, Friends and Loved Ones of Opioid Users

Howard County Health Department, Bureau of Behavioral Health
www.hchealth.org | (410) 313-6202

Alcoholics Anonymous
www.marylandaa.org | (410) 663-1922

Narcotics Anonymous
www.freestatena.org | (800) 317-3222

Al-Anon
www.alanon-maryland.org | (800) 477-6291

Families Anonymous
www.familiesanonymous.org | (301) 490-8968

HC DrugFree
www.hcdrugfree.org | (443) 325-0040

Maryland Certified Treatment Locator
bha.health.maryland.gov/pages/directories.aspx



Supported by the Maryland Department of Health and SAMHSA

THE HEALTH DEPARTMENT AND YOU

RESPOND TO AN OPIOID OVERDOSE

Narcan® Saves Lives



Bureau of Behavioral Health
410.313.6202 (voice/relay)
hchealth.org

WHAT IS NARCAN®

Narcan® (naloxone) is a prescription medication that reverses an opioid overdose by restoring breathing. If given to an individual who does not have opioids in their system, it will have no effect. Narcan® is safe, even for children and pregnant women, and has minimal side effects (nausea and vomiting). There is no potential for abuse or getting high. Instead, Narcan® may cause opioid withdrawal symptoms such as irritability, anxiety, muscle aches, sweating, nausea, and vomiting.

Storage:

Remove Narcan® from box only when ready to use. Store in original package at room temperature and avoid exposure to light. Keep in a safe place away from children and pets.

Expiration:

Narcan® loses its effectiveness over time; check the expiration date on the label. In an emergency expired Narcan® may be used but will not be as effective.

Disposal:

Check with a local health department or pharmacy about properly disposing of expired Narcan®.

Get Narcan®:

Contact the Bureau of Behavioral Health at (410) 313-6202 for additional Narcan® doses.

Key steps to administering Narcan® Nasal Spray:

PEEL



Peel back the package to remove the device. Hold the device with your thumb on the bottom of the plunger and 2 fingers on the nozzle.

PLACE



Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

PRESS



Press the plunger firmly to release the dose into the patient's nose.

RESPONDING TO AN OPIOID OVERDOSE

1. ROUSE AND STIMULATE

- **Noise:** Shake person's shoulders and yell their name. Any response? Are they breathing? Look. Listen. and Feel.
- **Pain:** If no answer, do a sternal rub (make a fist, rub your knuckles firmly up and down the breast bone). Still no response? Continue to next step.

2. CALL 911

Tell the operator your location and what you're observing.

3. GIVE NARCAN®

Refer to above figures.

4. RESCUE BREATHING

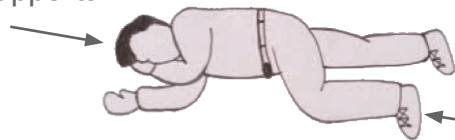
- Lay person flat on their back
- Make sure there is nothing in their mouth
- Tilt head back, lift chin and pinch
- Cover their mouth with yours and blow
 - 2 regular breaths (1 second each)
 - Then 1 breath every 5 seconds

5. AFTER NARCAN®

- Narcan® lasts for 30 – 90 minutes. Keep the person calm. Stay with the person until medical help arrives. If you have to leave, put the person in the recovery position to keep the airway clear.
- Call the Poison Center at **1-800-222-1222** or the Howard County Health Department to report the Narcan® administration.

Recovery Position

Hand supports head



Knee prevents body from rolling on stomach