

What are opioids?

Opioids are drugs that alter the body's perception of pain.

Examples of opioids include:

- **diacetylmorphine** (heroin)
- **fentanyl** (Duragesic, Sublimaze, Actiq)
- **hydromorphone** (Dilaudid)
- **morphine** (MS Contin)
- **hydrocodone** (Lortab, Norco)
- **oxycodone** (OxyContin, Percocet)
- **oxymorphone** (Opana)

What is an overdose?

An overdose happens when someone takes too much of an opioid and their breathing begins to shut down.

If an overdose is not reversed, it is likely that this person will eventually stop breathing and die.

It's important to give naloxone quickly when you suspect an overdose.

What is naloxone?

Naloxone is the drug used to reverse opioid overdose. It is available in the form of an easy-to-use nasal spray in different dosages. Higher doses of naloxone may cause more severe withdrawal symptoms.

Even though naloxone only reverses opioids, it's safe to use even if you aren't sure what someone has taken, or you don't know why you can't wake them up.

Aftercare

"I think you overdosed, so I gave you naloxone. I'm here to help and I'll stay here to make sure you're okay."

If this is someone who uses opioids regularly, they may be in severe opioid withdrawal. They may want to use again. Assure them that they will feel better when the naloxone wears off. If they refuse medical care, try to have someone they trust stay with them for the next several hours or overnight. Try to make sure they have more naloxone.

Reducing Risk

Currently, unregulated fentanyl is the cause of *most* opioid overdoses. It may be:

- sold as or mixed with heroin,
- mixed into cocaine or methamphetamine,
- or pressed into counterfeit pills.

When using opioids:

- Start with the lowest dose.
- Be aware that using multiple drugs increases risk and tolerance is lower after taking a break from using opioids.
- Have naloxone nearby and try to make sure someone is there to administer it.
- Call Never Use Alone at 800-484-3731.



Kentucky
Opioid
Response
Effort

This project is supported in part by SAMHSA Grant H70TI9832383 awarded to the Kentucky Cabinet for Health and Family Services and was created in February 2024.

Opioid Overdose Recognition and Response



A guide for communities and bystanders

 Find Naloxone Now **KY**
FindNaloxoneNowKY.org



Is it an overdose?

A person who has overdosed will be unable to wake up or to talk to you.

Never let them sleep it off!

- They may be breathing slowly,
 - less than once every 5 seconds.
- They may be breathing shallowly,
 - their chest or belly may move only a little with each breath.
- They may be making snoring, gurgling, or rattling sounds.
- Their skin may be pale, cool, and clammy.
- Their lips or fingernails may be gray or blue.
- They may not be breathing at all.

What do I do?

If you think someone may have overdosed, make every effort to wake them up. You can shout at them or try to shake them awake.

If they don't wake up, you should give naloxone.

Even if you don't think they can hear you, explain loudly and clearly that you are going to give them naloxone.

If someone else is there with you, **they can call 911**.

How do I give naloxone?

PEEL Position the person on their back, if possible.



Peel back the foil and remove the naloxone nasal spray from the packaging.

PLACE



Hold the naloxone spray with two fingers on either side of the nozzle.

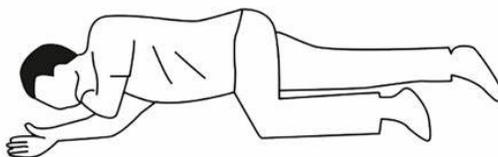
Gently insert the nozzle into one nostril.

PRESS



Press the plunger all the way in until it clicks. This releases the entire dose.

To prevent choking, roll them on their side with their knee and their elbow in front.



If you're alone with the person who's overdosed, **now** you can **call 911**.

What happens next?

Naloxone nasal spray takes 2-3 minutes to work!

Wait at least 2 minutes for a response before giving more.

A person who has overdosed may wake up after naloxone administration **or** they may remain unconscious if non-opioid drugs are present.

If someone who received naloxone is breathing slowly, shallowly or not at all, **rescue breathing is essential**. Give rescue breaths for at least 2 minutes, then give another dose of naloxone if you continue to see signs of overdose.

How do I give rescue breaths?

Place them on their back. Make sure nothing is in their mouth.

Tilt their head back, lift their chin and pinch their nose closed. This opens the airway.



Give one breath slowly, watching to see their chest rise. Continue giving one breath every five seconds.



If they start to gurgle or breathe on their own, stop and roll them onto their side.