



Naloxone: *Heed the Call to Action*

There's an Opioid Epidemic in the United States. Opioid-induced death occurs when opioids overwhelm a person's natural reflex to breathe. Quick recognition and action is essential to limiting brain damage and preventing death. In response to the epidemic, VADM Jerome Adams issued a [Surgeon General's Advisory on Naloxone and Opioid Overdose](#) urging more Americans to carry **Naloxone**, a potentially lifesaving medication that temporarily reverses the effects of an opioid overdose. In June 2018, at the 53rd USPHS Scientific and Training Symposium, VADM Adams called all PHS officers to carry **Naloxone**. *Did you heed the call?*

Step 1: Obtain & Carry Naloxone

Where to get it?

- Ask your local pharmacist. [In many states, you can get Naloxone at a community pharmacy.](#)

Know your rights:

- Most states have Good Samaritan laws to protect people who administer naloxone or call for help.

Step 2: Recognize Signs and Symptoms of Overdose

- Small, constricted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Pale, blue, or cold skin

Adapted from: CDC's [Preventing an Opioid Overdose Tip Card](#)

Step 3: Know How to Respond to Opioid Overdose

1. Try to wake the person by calling their name, shaking them, or sternal rub (rubbing your knuckles hard over their breastbone).
2. Call 911.
3. Administer Naloxone.
 - a. Insert nozzle into either nostril.
 - b. Press plunger firmly to instill one dose of Naloxone.
 - c. If no response within 2 minutes, deliver another dose of Naloxone.
 - d. Naloxone may be administered every 2-3 minutes, if available.
 - e. Naloxone wears off in 30-90 minutes; additional doses may be required.
4. If not breathing, give person rescue breaths (1 slow breath every 5 seconds; check breathing every 12 breaths, or 1 minute).
5. If breathing, place person on side (recovery position) to prevent choking.
6. Stay with person and comfort them until emergency personnel arrive. *The effects of naloxone may only last about an hour, and when it wears off the signs of overdose may appear again. It is important to stay with the person, and get them to medical care.

Sources: *Prescribe to Prevent* [Naloxone One Pager](#); [Narcan Quick Start Guide](#); *Harm Reduction Coalition* [Emergency Response to Opioid Overdose](#)

Additional Resources:

<https://www.drugabuse.gov/publications/medications-to-treat-opioid-addiction/naloxone-accessible>

<https://www.surgeongeneral.gov/priorities/opioid-overdose-prevention/index.html>

https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fmmwr%2Fvolumes%2F65%2Frr%2Frr6501e1er.htm