

# What is an opioid overdose?



Taking too many opioids at once or mixing them with other drugs can make your breathing slow or stop.

## TO AVOID AN ACCIDENTAL OPIOID OVERDOSE

- Avoid mixing your opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium), or medicines that make you sleepy.
- Be extra careful if you miss or change doses, feel ill, or start new medications.

## Common opioids include:

GENERIC	BRAND NAME
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxycodone, Percodan
Morphine	MS Contin, Kadian
Codeine	Tylenol III
Fentanyl	Duragesic
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Buprenex, Butrans

For more information and additional materials, please visit

[healthienv.org](http://healthienv.org)



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REGIONAL MEDICAL EXAMINER'S OFFICE

WASHOE COUNTY HEALTH DISTRICT  
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# Opioid safety and how to use naloxone



## A GUIDE FOR PATIENTS AND CAREGIVERS



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## Now that you have naloxone...

Tell someone where it is and how to use it.

# How to identify an opioid overdose:

## LOOK FOR THESE COMMON SIGNS:

- The person won't wake up or respond to voice or touch
- Breathing slows or even stops
- Lips and fingernails turn blue or gray
- Skin gets pale, clammy

## IN CASE OF OVERDOSE:

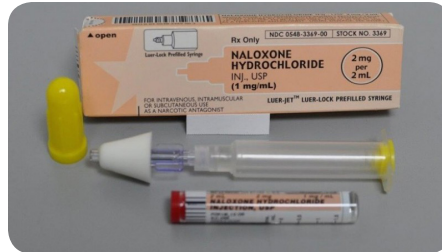
1. Call 911 and begin chest compressions.
2. Administer naloxone.  
*If no reaction in 3 minutes, give second naloxone dose.*

**Nevada's Good Samaritan Law** offers protection to individuals who seek medical assistance for a person experiencing a drug or alcohol overdose.

# How to administer naloxone:

Follow the instructions below for the type of naloxone you have.

## NASAL SPRAY NALOXONE



**Step 1:** Remove protective caps.

**Step 2:** Screw on white cone.

**Step 3:** Remove protective cap from naloxone.

**Step 4:** Gently screw capsule of naloxone into barrel of syringe.

**Step 5:** Insert white cone into nostril; **give a short, strong push** on end of capsule to spray naloxone into nose: **ONE HALF OF THE CAPSULE INTO EACH NOSTRIL.**

**Step 6:** If no reaction in 3 minutes, administer another dose.



**NARCAN Nasal Spray:**  
Follow directions on package.

## INJECTABLE NALOXONE

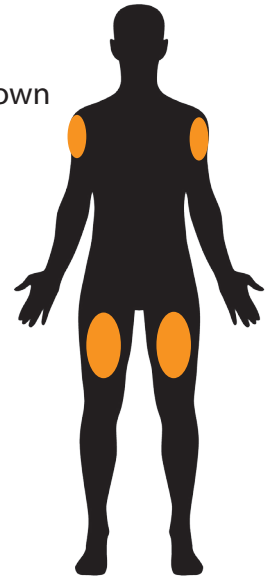


**Step 1:** Remove cap from naloxone vial and uncover the needle.

**Step 2:** Turn vial upside down and insert needle through rubber plug. Pull back on plunger and take all liquid. Get rid of excess air.

**Step 3:** Inject into an upper arm, thigh muscle, or buttocks.

**Step 4:** If no reaction in 3 minutes, give a second dose.



**Evzio Auto-Injector:**  
The naloxone auto-injector contains a speaker that provides instructions. Availability is limited in our community.