

# HOW TO USE NALOXONE, OR NARCAN®

Prevent an Opioid Overdose

8/2022

## WHAT IS NARCAN®?

NARCAN®, or naloxone, is a life-saving medication to reverse an opioid overdose (or drug poisoning).

It temporarily knocks opioids off brain receptors. Once there are no opioids in the brain, the individual will be able to breath again.

If someone is not experiencing an opioid overdose, you cannot hurt them with NARCAN®. Anyone can carry NARCAN®, give it to someone experiencing an overdose, and potentially save a life.



## WHERE TO GET NARCAN®

Available through the following community organizations:

Local Pharmacies: NARCAN® is over the counter in 48 states, no prescription necessary

Visit Harm Reduction Centers: Harm Reduction Sacramento and SANE: Safer Alternatives Thru Networking and Education

Organizations may apply to the Naloxone Distribution Project through [DHCS.ca.gov](http://DHCS.ca.gov) for free NARCAN®

California Syringe Services Programs  
[SacOpioidCoalition.org](http://SacOpioidCoalition.org)

## RECOGNIZE & RESPOND ACTING QUICKLY IS CRITICAL

### 1 Look for any signs

- Shallow breathing, gurgling, or stopped, pupils small
- Blue/gray lips, face, and fingernails. Skin is cold and pale.

### 2 Check responsiveness

- Rub your knuckles firmly on their sternum, yell their name

### 3 Call 911 and give NARCAN®

- Hold about 1 inch inside nostril, press the plunger to spray entire contents
- If no response after 2-3 minutes, be prepared to repeat in other nostril

### 4 Perform rescue breathing

- Follow 911 dispatcher instructions and continue rescue breathing and/or chest compressions until the individual wakes up or emergency medical services arrives
- For rescue breathing give 1 breath every 5 seconds
- If the person wakes up, reassure them help is on the way and wait with them until emergency medical services arrive
- If they resume breathing, place them in the recovery position and monitor

Sacramento County System of Care for  
Substance Use Treatment

M-F 8 am-5 pm (916) 874- 9754

After Hours 1- (888) 881-4881

### WHAT ARE OPIOIDS?

Opioids include prescription medications used to treat pain as well as illegal drugs such as heroin, fentanyl, and other synthetic opioid analogs.

### WHAT IS FENTANYL?

Fentanyl is a powerful synthetic opioid that is **50 to 100 times stronger** than morphine. This is a greater risk for overdose because of fentanyl's high potency. Non-prescribed fentanyl is being sold in counterfeit pressed pills marked as Adderall®, Norco®, Percocet®, Oxycontin®, and Xanax®. Many party drugs such as MDMA and cocaine are also cut with fatal doses.

### CALIFORNIA'S GOOD SAMARITAN LAW



This law protects people who attempt to save the life of a overdose (drug-poisoned) victim.

Call 911, you will not be prosecuted for helping someone at the scene of a suspected drug overdose.

### FENTANYL TEST STRIPS

Used correctly, fentanyl test strips are one of the most effective ways to reduce risk if you plan on using substances.



**Testing strips are not 100% accurate!**

Fentanyl isn't always equally distributed throughout the substance. A test strip could come back negative, even if fentanyl is in another part of the drug.

The best approach is to test every bit you intend to consume.

### 1 PILL CAN KILL

**In the USA, 300 people die each day from accidental opioid overdose, and fentanyl is responsible for 70% of these deaths.**

\*Center for Disease Control and Prevention



**This small amount of fentanyl is a lethal dose.**



➔ **98%** of the most common street pills tested are fake\*

➔ **98%** of pills tested contained fatal doses of fentanyl\*

**MORE INFORMATION & RESOURCES**



<https://SacOpioidCoalition.org/naloxone-distribution/>

### HARM REDUCTION MESSAGES:

- Always carry NARCAN®.
- Don't take anything unless you know it has come from a pharmacy or your doctor.
- Test your drugs using fentanyl testing strips, reagent test kits, or a mass spectrometer.
- Don't use alone and always start with small doses.

\*Support for this resource was provided by the California Overdose Prevention Network, a project of the PHI Center for Health Leadership and Impact. The views expressed here do not necessarily reflect those of PHI.