According to the Hawai‘i Department of Health, Drug overdose is the leading cause of unintentional death in Hawai‘i, even surpassing motor vehicle deaths.

Unlike car accidents, however, people who use drugs are often stigmatized because drug use is not as socially acceptable as driving.

All people, including those who use substances, have the right to lead healthy, productive lives.

Opioids are the leading cause of overdose & are especially dangerous when combined with alcohol and other drugs like methamphetamines.

This guide provides information on recognizing and reversing an opioid overdose using naloxone (Narcan) nasal spray. Naloxone is an opioid overdose reversal medication. Please share this information with everyone you know and encourage others to carry naloxone.

Some statistics:
- The majority of drug overdose deaths involve opioids.
- The increase in opioid deaths has been primarily linked to prescription painkillers.
- Overdose deaths due to opioids surpassed motor vehicle deaths in 2017.

This naloxone guide was funded by The Hawai‘i Health Harm Reduction Center (H3RC). The content was adapted from H3RC’s Opioid Overdose cards, SAMHSA Opioid Overdose Prevention Toolkit, and the Opioid Overdose guide by The California Consortium for Urban Indian Health.

Need Help? Contact Hawai‘i Health Harm Reduction for free naloxone training and distribution.

Go to hhhrc.org/request a training
Email: info@hhhrc.org
Tel: (808) 521-2437

@HHHRC_
@PAPAOLALOKahi
**IF YOU SUSPECT AN OPIOID OVERDOSE**

1 - TRY TO WAKE THEM
Ask if they’re OK. Shake shoulders and firmly rub chest using “sternum rub”
Using your knuckles to rub their chest bone. If they wake, they are not overdosing

2 - CALL 911
If they don’t wake to noise or pain CALL 911 - Say

“My FRIEND IS UNCONSCIOUS AND NOT BREATHING.”

3 - USE NALOXONE TO REVERSE THE OPIOID OVERDOSE
Open naloxone spray by peeling tab
Do Not do a test spray
1 dose per device

4 - ADMINISTER NALAXONE NASAL SPRAY
Hold spray by placing thumb on plunger
Place index and middle fingers on sides of nozzle
Press plunger firmly to give dose—entire dose goes in nostril

5 - WHILE YOU WAIT FOR THE NALOXONE TO WORK GIVE RESCUE BREATHING
Make sure nothing is in their mouth
Tilt head back, lift chin and pinch nose
Give 2 normal breaths, then 1 breath every 5 seconds until help arrives

If they begin breathing on their own, or you cannot continue rescue breathing, put them on their side in the recovery position.

6 - IF THE PERSON HASN’T WOKEN UP IN 2-3 MINUTES
Give them a second dose of naloxone using a new or unused spray device and spraying the contents in the other nostril
Continue rescue breathing until the person wakes up and/or paramedics arrive

**WHAT ARE OPIOIDS?**
Opioids include prescription medications used to treat pain such as morphine, codeine, oxycodone, hydrocodone, and buprenorphine, as well as illegal drugs such as heroin and illicit potent opioids such as fentanyl analogs (e.g., carfentanil).

Opioids are extremely addictive and can lead to long-term opioid use after just 5 days.

**WHAT IS AN OPIOID OVERDOSE?**
Many things can cause an opioid overdose, including using too much, mixing substances or medications, having a low tolerance, using poor quality drugs, using alone, and existing health problems like liver and breathing problems.

**WHAT CAUSES IT?**
Opioids depress the nervous system, which means they make your brain, heart, and lungs function more slowly. If you take too many opioids, your heart and lungs may stop working altogether.

**WHAT DOES AN OPIOID OVERDOSE LOOK LIKE?**
The main dangers of an overdose are suffocation, heart failure or seizures.

A person overdosing may have one or all of the following:
- Pale or clammy face
- Limp body
- Blue/purple/ashen lips or fingernails
- Eyes rolled back/small ‘pinpoint’ pupils
- Shallow or slow breathing, snoring, or gurgling
- Slow or stopped heartbeat or pulse
- Person cannot be woken up

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