

## INTRODUCTION

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.

## NALOXONE IS FOR OVERDOSE PREVENTION

When used properly, the drug Naloxone (Narcan) can successfully reverse an overdose. People who use opioids should carry Naloxone with them at all times in case of overdose. People who have been prescribed opioid pain relievers, even if by a doctor, should also carry naloxone.

Naloxone is legal to carry and use. It is safe to help someone experiencing an opioid overdose.

- You do not need a prescription to use or administer naloxone.
- You will not be responsible for any outcomes resulting from the delivery of naloxone.
- See Act 68 (SB 2392)

## ABOUT THIS PAMPHLET

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 [h3hrc.org/request-a-training](https://h3hrc.org/request-a-training)  
Email: [info@h3hrc.org](mailto:info@h3hrc.org)  
Tel: (808) 521-2437



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HAWAII HEALTH  
& HARM REDUCTION CENTER

Papa Ola Lokahi  
Nana Hana Nana Ma

For those certified in




# RECOGNIZE, RESPOND, & REVERSE

# OPIOID OVERDOSE



# 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 UNCONCIOUS 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


There is only 1 dose per device

### 4 - ADMINISTER NALOXONE 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

\*The effects of naloxone spray only lasts 30-90 minutes. After this time, any opioids in the person's system may cause another overdose.

Note: If the person still hasn't woken up, they may be experiencing a health issue for which naloxone has no effect. Be sure you have called 9-1-1 so paramedics can help.

## 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 ?

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 CAUSES IT?

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 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