

### About Naloxone

Naloxone, also known as Narcan, is a safe, legal drug used to reverse opiate overdoses, including heroin.



As of 2010, naloxone programs across the U.S. have saved more than 10,000 lives.

- If someone is overdosing on something other than opiates or is having a different medical emergency and naloxone is given, it won't have any effect.

If you have questions about naloxone during an emergency, call the Poison Center at 1-800-222-1222.

Ask your doctor today for an Emergency Opiate Overdose Kit with naloxone.

**Want to learn more about getting naloxone?** Call the MaineGeneral Prevention Center at 872-4102.



**MaineGeneral Harm Reduction Program**  
9 Green Street  
Augusta, ME 04330  
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# MEDSmart

Medication Education for Drug Safety



## Things to Know About Accidental Opiate Overdose



# Accidental Overdose

## Did you know?

Did you know that drug poisoning is now the leading cause of accidental death in the U.S.? Some people are at risk for medication poisoning even when the medication is used correctly.

We lose approximately one Mainer every other day to drug poisoning.

## People at risk of opiate overdose include (but are not limited to):

- Someone taking an opiate for the first time
- Someone who also drinks alcohol
- Someone with a kidney disease or poor kidney function
- Someone who smokes
- Someone with a respiratory problem like asthma, sleep apnea or emphysema
- Someone who also takes an antidepressant and/or a benzodiazepine
- Someone in methadone or buprenorphine (Suboxone or Subutex) treatment

## Signs & symptoms of overdose:

- Not breathing
- Turning blue
- Not responding
- Snoring deeply
- Central nervous system problems (confusion, vertigo, nausea, vomiting, seizures)

## Shake and Ask OR Sternal (Chest) Rub:

To check if someone is unresponsive, use the sternal (chest) rub.



## What to do:

- Give Naloxone if available
- Call 911
- Place the person in the recovery position, on his/her side (see picture below)
- If the victim is not breathing:
  - ◆ Place the person on his/her back
  - ◆ Open the victim's airway
  - ◆ Pinch the victim's nose shut
  - ◆ Seal your mouth over the victim's mouth and give him/her a breath
  - ◆ Give the victim one breath every five seconds until help arrives, or he/she starts to breathe on his/her own

## Recovery position:

