HOW TO USE NARCAN

**STEP 1:** Check for response. Give the sternal rub if there is no response after attempting to wake the person.

**STEP 2:** Call 911 for help!

**STEP 3:** Check for breathing.

**STEP 4:** If you are trained, give rescue breaths. If not, go to Step 5.

1. Place the person on their back.
2. Tilt their chin up to open the airway.
3. Check to see if there is anything in their mouth blocking their airway. If so, remove it.
4. Plug their nose with one hand, and give 2 even, regular-sized breaths. Blow enough air into their lungs to make their chest rise.

**STEP 5:** Give NARCAN and continue rescue breathing, one breath every 5 seconds, until help arrives or the person starts breathing on their own.

*If you do not have NARCAN, give rescue breathing until help arrives.

FLIP OVER FOR DETAILED INSTRUCTIONS ON HOW TO USE NARCAN.
HOW TO USE NARCAN

STEP 1: Remove NARCAN spray from the box. Peel back the tab to open the spray. **Don’t touch the plunger until you insert the nozzle fully into the person’s nose.**

STEP 2: Gently tilt the person’s head back and support their neck with your hand.

STEP 3: Gently insert the nozzle into either one of the person’s nostrils, until your fingers are touching the bottom of the person’s nose.

STEP 4: Firmly press the plunger to give the dose of NARCAN.

STEP 5: Remove the nozzle from the nostril after giving the dose and lay the person on their side.