

# Opioid Overdose: Identify and React



## In Case of Overdose:

### 1 Sternum rub

If the victim isn't breathing, is blue in the face or non-responsive, move your knuckles up and down the chest over the sternum with a lot of pressure.

### 2 Call 911 and give naloxone

If there is no reaction in three minutes, give a second naloxone dose.

### 3 Do rescue breathing or chest compressions

Follow 911 dispatcher instructions.

### 4 Recovery position

If you need to leave the victim, place him/her on his/her side (recovery position) to prevent the person from choking on his/her vomit.

### 5 After naloxone

Stay with the person for at least three hours or until help arrives. Report naloxone use.

## Identifying an Opioid Overdose:

Look for these common signs:

- Won't wake up, even if you shake him/her or say his/her name
- Breathing slows or even stops
- Lips and fingernails turn blue or gray
- Skin gets pale, clammy
- Small, constricted pupils
- Choking or gurgling sounds

## TO AVOID AN ACCIDENTAL OPIOID OVERDOSE:

- Understand how opioid therapy is being managed in the facility and supporting policies for appropriate use.
- Document history of substance use disorder (SUD) and support residents with alternative pain management strategies.
- Work with primary prescriber, pharmacy and members of the care team to appropriately manage pain based on the patient's preferences and risks.
- Be aware of medications that put a resident at higher risk of accidental overdose (e.g., benzodiazepines or combining opioid medications).

Read more about common opioids\* at <https://www.cdc.gov/opioids/index.html>.

\*Heroin is also an opioid.



For patient education materials and videos, please visit: <https://www.cdc.gov/stopoverdose/index.html>.

# Opioid Safety: How to Use Naloxone



## A GUIDE FOR HEALTH CARE PERSONNEL

KNOW WHERE NALOXONE IS  
LOCATED IN THE FACILITY

What is naloxone?  
It is a medication designed to rapidly  
reverse opioid overdose.

# Getting and Giving Naloxone

Do you know where it is kept in the pharmacy emergency supply kit?  
Can you access it?

## How to Get Naloxone:

National access to naloxone can be found by going to <https://nextdistro.org>.



## Training and Resources:



Training on naloxone through the Centers for Disease Control and Prevention (CDC) with available continuing education credits: <http://bit.ly/CDCnaloxonetraining>.

Training on naloxone through the Narcan® website in the Healthcare Professional Educational Kit: <http://bit.ly/NarcanHCP>.

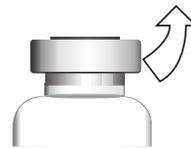


Find more resources on behavioral health and opioids on the Mountain-Pacific Quality Health website: <https://bit.ly/3oEM3ZW>.

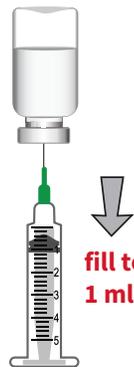
# How to Give Naloxone:\*

## Injectable Naloxone

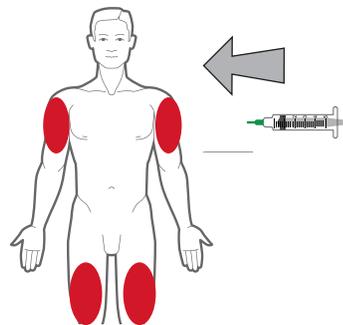
**1** Remove cap from naloxone vial and uncover the needle.



**2** Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 ml.



**3** Inject 1 ml of naloxone into an upper arm or thigh muscle.



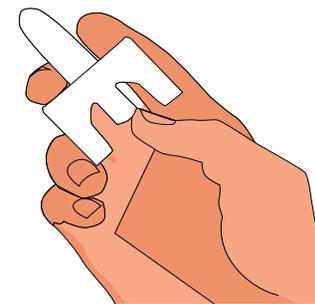
**4** If there is no reaction after three minutes, give a second dose.

## Intranasal (Approved by the FDA)

**1** Peel back the package to remove the device.

**2** Place the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

**3** Press the plunger firmly to release the dose into the patient's nose.



**4** If there is no reaction after three minutes, give an additional dose using a new device in the other nostril.

**\*There are multiple ways to give naloxone. Call 911, then follow the instructions for how to administer it by spray or injection.**

## ZIMHI®

(Approved by the U.S. Food and Drug Administration [FDA])

ZIMHI® is an intramuscular injection to get it into the blood fast. Scan the QR code to access the ZIMHI® website with more information and video directions on its use.



## The person receiving naloxone must receive medical treatment.

This material was prepared by Pa. Department of Drug and Alcohol Programs and has been modified by Mountain-Pacific Quality Health, a Medicare Quality Innovation Network-Quality Improvement Organization (QIN-QIO), under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 12SOW-MPQHF-AS-NH-3/23-266