

HOW TO USE NALOXONE, OR NARCAN®

Prevent an Opioid Overdose

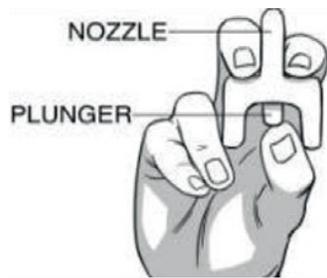
3/2023

WHAT IS NARCAN®?

NARCAN®, or naloxone, is a life-saving medication to reverse an opioid overdose (or drug poisoning).

As an opioid antagonist, it temporarily knocks opioids off brain receptors. Once there are no opioids in the brain, the individual will be able to breathe again.

If someone is NOT experiencing an opioid overdose, you cannot hurt them with NARCAN®. Anyone can carry NARCAN®, give it to someone experiencing an overdose, and potentially save a life.



WHERE TO GET NARCAN®

Available through the following community organizations:

NARCAN® can be bought from a pharmacist, no prescription necessary. You can also get a prescription from your doctor which may be covered by health insurance.

Visit Harm Reduction Centers: Harm Reduction Services and SANE: Safer Alternatives Thru Networking and Education

Organizations may apply to the Naloxone Distribution Project through DHCS.ca.gov for free bulk NARCAN®

Search for: California Syringe Services Programs

SacOpioidCoalition.org

RECOGNIZE & RESPOND ACTING QUICKLY IS CRITICAL

1 Look for the signs

- Breathing that is shallow, gurgling, or stopped. Small pupils.
- Blue/gray skin, lips, and fingernails. Skin is cold and pale.

2 Check responsiveness

- Rub your knuckles firmly on their sternum, yell their name, if they do not respond, see next steps

3 Give NARCAN® and Call 911

- Hold about 1 inch inside nostril, press the plunger to spray entire contents
- If no response after 2-3 minutes, be prepared to repeat in other nostril

4 Perform rescue breathing

- Follow 911 dispatcher instructions and continue rescue breathing and/or chest compressions until the individual wakes up or emergency medical services arrives
- For rescue breathing give 1 breath every 5 seconds
- If the person wakes up, reassure them help is on the way and wait with them until emergency medical services arrive
- If they resume breathing, place them in the recovery position and monitor

Sacramento County System of Care for Substance Use Treatment

M-F 8 am-5 pm (916) 874- 9754

After Hours 1- (888) 881-4881

WHAT ARE OPIOIDS?

3/2023

Opioids are substances that are often used to treat pain. They are either illegal or prescribed, and popular substances include fentanyl, heroin, and several various synthetic opioid analogs.

CALIFORNIA'S GOOD SAMARITAN LAW



AB472 protects those who attempt to save the life of an overdose (drug-poisoned) victim.

Please always call 911 because Narcan lasts anywhere between 30-90 minutes, and you will not be prosecuted for helping someone at the scene of a suspected drug overdose.

WHAT IS FENTANYL?

Fentanyl is a powerful synthetic opioid that is often **50 to 100 times stronger** than morphine. This is a greater risk for overdose because of fentanyl's high potency. Non-prescribed fentanyl is being sold in counterfeit pressed pills marked as Adderall®, Norco®, Percocet®, Oxycontin®, and Xanax®. Many party drugs such as MDMA and cocaine have also been cut with fatal doses.

FENTANYL TEST STRIPS

Used carefully and correctly, fentanyl test strips are one of the most effective ways to reduce risk if you plan on using substances.



Testing strips are not 100% accurate.

Fentanyl isn't always equally distributed throughout the substance. A test strip could come back negative, even if fentanyl is in another part of the drug.

The best approach is to thoroughly combine and test everything you intend to consume.

1 PILL CAN KILL

In the USA, over 300 people die each day from accidental opioid overdose, and fentanyl is responsible for over 70% of these deaths.

*Center for Disease Control and Prevention



Fentanyl is highly addictive, and only 2mg is a lethal dose.



➔ **98%** of the most common street pills tested are fake*

➔ **98%** of pills tested contained fentanyl which may be lethal*



SacOpioidCoalition.org/naloxone-distribution/

HARM REDUCTION MESSAGES:

- Take it slow and use less, you can always take more, you can never take less.
- We are safer together- practice caution when using alone.
- Fentanyl testing strips and reagent kits are tools to help you identify the content of your drugs. They can be obtained at www.dancesafe.org, bunkpolice.com, and more.
- Carry NARCAN®/Naloxone and tell your friends where it is.
- Purchasing substances online, such as Snapchat or Instagram, is dangerous. It's not always possible to know what's in the drug unless you know it came directly from a pharmacy or doctor.