

# How to Inject Naloxone for Opioid Overdose

## KNOW THE SIGNS

- Person is passed out and you cannot wake them up.
- Breathing very slow, making gurgling sounds, or not breathing at all.
- Lips are blue or grayish color.

## CHECK FOR A RESPONSE

- Shake them and shout to wake them up.
- If no response, grind your knuckles into their chest bone for 5-10 seconds.
- If the person still does not respond, call 911.

## CALL 911

- Tell the 911 dispatcher, “I think someone has overdosed!”
- If you report an overdose, you and the overdosed person have significant protections under the New York State Law from being charged with drug possession, even if you shared drugs.

## Naloxone Injection: Steps to Follow

1



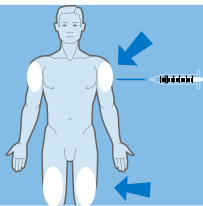
- Take the colored cap off the vial.
- Stick the needle through the rubber stopper.

2



- Draw all the fluid into the needle by pulling back on the plunger.
- Be sure the syringe fills with liquid — not air.

3



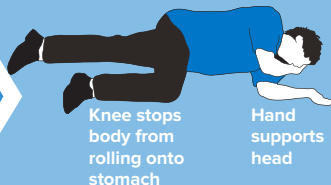
- Inject the needle straight into muscle in the shoulder (like a flu shot) or into the front of the thigh.
- Push down on the plunger to empty the syringe.
- It is OK to inject through clothing.

4



- If the person is not breathing start rescue breathing or CPR.
- If the person does not respond in 2-3 minutes, inject another dose of naloxone.
- Do not wait more than 3 minutes to give a second dose.

5



- Call 911 right away, if you have not done so already.
- If you are not doing rescue breathing or CPR, roll the person on their side. Place them in the “recovery position.”

# Rescue Breathing: Steps to Follow

1



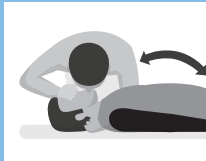
- Tilt the head back, lift the chin, and pinch the nose.

2



- Start with two breaths into the mouth.
- Continue with one breath every 5 seconds.
- The person's chest should rise and fall with each breath; if not, check to make sure the head is tilted back and the mouth is clear.

3



- Keep doing rescue breathing until the person breathes on their own or until medical help arrives.

## Caring for someone after you give Naloxone

- When the person wakes up, explain what happened. Tell them not to take any more drugs now because that could cause another overdose.
- Naloxone wears off in 30 to 90 minutes. Stay with the person until they go to the hospital, or until the naloxone wears off, to make sure they do not overdose again.
- If you do not seek medical care, stay with the person for at least 3 hours and watch for signs of returning overdose. Call 911 if the person is not OK when they wake up.
- When the ambulance arrives, tell them that naloxone has been given.
- If you need to leave, turn the person on their side (recovery position) to prevent them from choking.
- Go back to the program that trained you or to a pharmacy, tell them you used naloxone and get more.

## Resources

**New York State Department of Health, AIDS Institute, Opioid Overdose Prevention Initiative and Naloxone Co-payment Assistance Program (N-CAP):**

1-800-692-8528, [www.health.ny.gov/overdose](http://www.health.ny.gov/overdose)

**New York State Office of Alcoholism and Substance Abuse Services (OASAS):**

877-8-HOPENY (877-846-7369), [www.oasas.ny.gov](http://www.oasas.ny.gov)

**New York City Department of Health and Mental Hygiene, NYC Well:**

1-888-NYC-WELL (1-888-692-9355), text "WELL" to 65173, <https://nycwell.cityofnewyork.us>

**Harm Reduction Coalition:**

[www.harmreduction.org/our-work/overdose-prevention](http://www.harmreduction.org/our-work/overdose-prevention)