

Do you know

what an overdose looks like?



Aaron's Law, Indiana's Good Samaritan law, permits individuals to obtain Narcan without a prescription and to assist someone who is experiencing an overdose without the risk of negative consequences.

OPIOID OVERDOSE

- no response to stimuli
- shallow, labored or no breathing
- cannot be woken up
- snoring or gurgling
- blue/grey lips or finger tips
- floppy arms or legs

HOW TO RESPOND:

- check for danger
- call 911 and stay on the line
- if you have access to narcan-spray into one side of the nasal canal
- provide rescue breaths & chest compressions
- if there has been no response within 3 minutes, and if you have it available, administer another dose of narcan into other nostril
- put the person in recovery position





1 Identify Opioid Overdose and Check for Response

ASK person if he or she is okay and shout name.

Check for signs of opioid overdose:

- Will not wake up or respond to your voice or touch
- Breathing is very slow, irregular, or has stopped
- Center part of their eye is very small, sometimes called "pinpoint pupils"

Lay the person on their back to receive a dose of NARCAN Nasal Spray.

2 Give NARCAN Nasal Spray

Remove NARCAN Nasal Spray from the box.

Peel back the tab with the circle to open the NARCAN Nasal Spray.

Hold the NARCAN Nasal Spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.

3 Call for emergency medical help, Evaluate, and Support

Gently insert the tip of the nozzle into either nostril.

- Tilt the person's head back and provide support under the neck with your hand.
- Gently insert the tip of the nozzle into one nostril, until your fingers on either side of the nozzle are against the bottom of the person's nose.

Press the plunger firmly to give the dose of NARCAN Nasal Spray.

- Remove the NARCAN Nasal Spray from the nostril after giving the dose.

Get emergency medical help right away.

Move the person on their side (recovery position) after giving NARCAN Nasal Spray.

Watch the person closely.

If the person does not respond by waking up, to voice or touch, or breathing normally another dose may be given. NARCAN Nasal Spray may be dosed every 2 to 3 minutes, if available.

Repeat Step 2 using a new NARCAN Nasal Spray to give another dose in the other nostril. If additional NARCAN Nasal Sprays are available, repeat step 2 every 2 to 3 minutes until the person responds or emergency medical help is received.

STIMULANT OVERDOSE

- hot, flushed or sweaty skin
- headaches
- chest pain
- unsteadiness
- rigid muscles, tremors or spasms
- uncontrolled movements or seizures
- difficulty breathing
- psychotic symptoms in individuals with no prior mental illness
- severe agitation or panic
- altered mental state, such as confusion or disorientation

HOW TO RESPOND

- check for danger
- call an ambulance and stay on the line
- reassure the person and make sure they are comfortable
- if overheating, try to loosen outer clothing, or put a wet towel on the back of their neck or under their arms
- check for a response
- put person into a recovery position and monitor



ALCOHOL OVERDOSE

- confusion
- loss of coordination
- vomiting
- seizures
- irregular breathing (a gap of more than 10 seconds between breaths)
- slow breathing (less than 8 breaths per minute)
- pale or blue tinged skin
- low body temperature (hypothermia)
- unconsciousness or passing out

HOW TO RESPOND

- check for danger
- call 911-stay on the line
- stay with them
- keep them warm
- if they are unconscious, put them in the recovery position and check that they are breathing (do not leave them on their back)
- if they are awake, try to keep them in a sitting position and awake
- give CPR if they stop breathing before emergency personnel arrive



DEPRESSANT OVERDOSE

- vomiting
- unresponsive, but awake
- limp body
- pale and/or clammy face
- blue/grey fingernails or lips
- shallow or erratic breathing, or not breathing at all
- slow or erratic pulse (heartbeat)
- choking or sounds of a gurgling noise
- loss of consciousness

HOW TO RESPOND

- check for danger
- call an ambulance and stay on the line
- monitor the person and give CPR if they stop breathing
- loosen tight clothing
- if the person is unconscious or wants to lie down, put them in the recovery position
- provide paramedics with as much information as possible regarding what substances the person has taken



HALLUCINOGENIC SUBSTANCE OVERDOSE

- rigid muscles/spasms
- shaking/shivering
- fever/overheating
- nausea or vomiting
- difficulty/stopping breathing
- can't be woken up
- seizure
- confusion or distress
- paranoia, fear and panic
- agitation and aggression

HOW TO RESPOND

- check for danger
- call an ambulance and stay on the line
- if confused or panicking try to reassure them
- maintain calmness
- if overheating try to cool them by loosening clothes
- if you can't get a response put them in the recovery position

