REVIVEme

Opioid Overdose and Naloxone – How to Recognize, React & Revive



Over **50%** of overdoses occur in the **home**

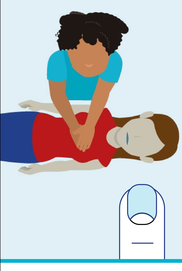
The average time for **EMS** to arrive is **7 minutes** (14 if you're in a rural area)

Brain cells start dying after **5 minutes** without oxygen

It takes **2-3 minutes** to get someone breathing again with naloxone

Recognizing Opioid Overdose

Look for these potential signs and symptoms of opioid overdose:



- **Unresponsive to voice, shaking, or sternal rub**
- **Pinpoint pupils**
- **Breathing is slow, shallow, or absent**
- **Choking or snore-like gurgling sounds**
- **Limp body**
- **Blue nails or lips**
- **Pulse slow, weak or absent**



Reacting to Opioid Overdose

If you recognize the person is unresponsive and has signs of overdose, follow these steps to help them:



Call 911 (put cell phone on speaker mode so your hands are free to attend to the victim)



Administer naloxone



If victim is breathing and has a pulse, turn them on their side and stay with them



If victim is not breathing, provide 2 rescue breaths, then 1 every 5-6 seconds



If victim has no pulse, perform 30 chest compressions, then 2 breaths, and repeat until help arrives

Reviving – Administering Naloxone

Naloxone is an FDA-approved medication that can temporarily reverse opioid overdose and save a life. It lasts 30-60 minutes.

Hold the device with your thumb on the bottom and 2 fingers on either side of the nozzle. Place tip of the nozzle in one nostril. Press the plunger once with thumb to release the medication into victim's nose.

You CANNOT hurt someone with naloxone who is not overdosing!



STAY with the victim!

Be prepared, plan and practice!

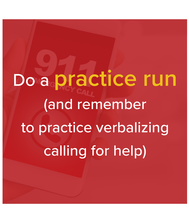
Your first practice at reviving someone should not be as the 911 operator is giving you instructions over the phone. Make sure your household is prepared to react quickly in case of opioid emergency.



Discuss the **risk**

Keep **naloxone** in **central location** with gloves and face shield or mask

Designate a lead to **give instructions** so household members know their role (who calls 911, etc.)



Do a **practice run** (and remember to practice verbalizing calling for help)

Practice what to do if **you're alone**: use **hands-free** mode, call 911, then give naloxone

Make sure you have a **device ready** to open a locked door (above the door frame can be a good hiding spot)

For more information, visit REVIVEme.org

American Society of **Anesthesiologists**™