

Layperson Naloxone Administration

Quick Reference Sheet



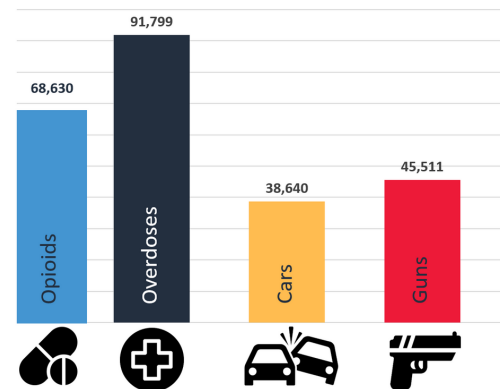
Drug overdose is the leading cause of accidental death in the United States with nearly 92,000 Americans losing their lives to a drug overdose in 2020. More than car accidents, more than guns. In fact, overdose is the leading cause of death for Americans under 50.

The health crisis is long-running and affects all U.S. states, crossing socio-economic and ethnic groups. Between 1999 - 2020 more than 933,000 Americans have died due to an overdose.

Opioids account for 75% of all overdose deaths, equal to 68,630 deaths in 2020. The opioid family of drugs include prescription pain medicine such as Morphine, Vicodin, Percocet, Oxycodone, Heroin, and Fentanyl. There are two distinct trends driving America's opioid overdose epidemic: a 16-year increase in deaths from prescription opioid overdoses, and a recent surge in opioid overdoses driven mainly by fentanyl which rose by 56% in 2020.

Most of the increases in fentanyl deaths do not involve prescription fentanyl but are related to illicitly made fentanyl. It is often found in counterfeit pills or mixed with heroin, meth and/or cocaine as a combination product—with or without the user's knowledge.

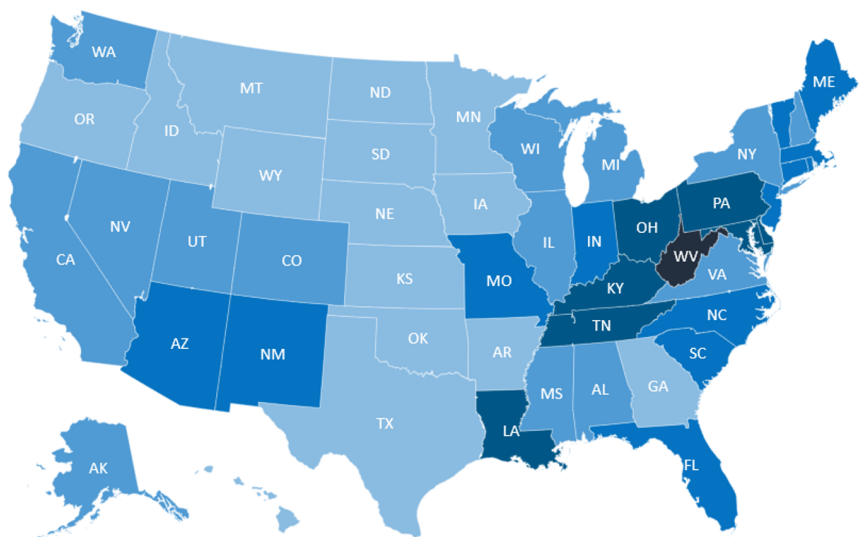
Overdose is the Leading Cause Accidental Death



Opioids Account for 75% of all Overdose Deaths

For 2020, the Centers for Disease Control (CDC) reports a 28.3 rate per 100,000 national average, up 31% from 2019. The U.S. map displays the individual state impact. The darker the blue, the higher the rate per 100,000 in 2020.

For 26 U.S. states, the overdose death rate was below the national average. No states reported a decrease in 2020. The states with the highest overdose death rate per 100,000 are Tennessee (46), Ohio and Delaware both at (47), Kentucky (49), District of Columbia (58) and West Virginia (81) per 100,000.



2021 Provisional Estimates
108,000 Deaths. +15%

Signs and Symptoms of an Opioid Overdose



Opioid overdose is life-threatening and requires immediate emergency attention. When a person is overdosing from an opioid, their central nervous system and respiration system is depressed and breathing slows or stops. Some brain cells start dying after 5 minutes without oxygen. Every second counts.

Recognizing the signs of opioid overdose is essential to saving lives. When someone is experiencing an opioid overdose, the individual's:

- Face is Pale and/or Feels Clammy to the Touch.
- Their body goes limp.
- Fingernails or lips have a blue or purple color.
- They may be vomiting or making gurgling noises.
- They cannot be awakened or are unable to speak.
- Their breathing or heartbeat slows or stops.

**EVERY
SECOND
COUNTS
CALL 911
IMMEDIATELY**

Naloxone - Opioid Overdose Reversal Medication

Naloxone reverses an opioid overdose by attaching to opioid receptors and reversing and blocking the effects of opioids. Naloxone is completely safe and will not hurt someone who is not overdosing. There are no effects unless opioids are present. It is the same concept as CPR, AED's, EpiPens. It mitigates the damage caused by a negative reaction in the body.

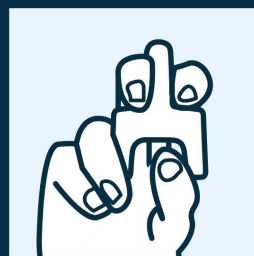
Naloxone acts as a bridge between the call to 911 and when help arrives. Naloxone is a KEY strategy recommended by CDC, State and Federal organizations to address the health crisis.

PREVENTING OPIOID OVERDOSES

How to Administer Narcan



Remove Narcan from box



Hold with your thumb, first and middle finger



Insert tip into either nostril



Press the plunger firmly

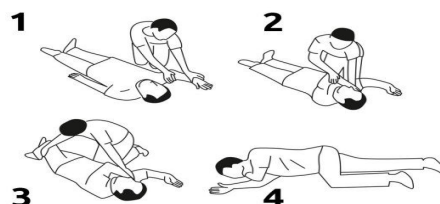
If you suspect an overdose is occurring, **call 911**. Administer rescue breathing and naloxone (Narcan).

Source: prevented.org

If you are trained or certified, apply CPR and/or Rescue Breathing.

After administration, place the person in the recovery position (example pictured on the right)

A repeat dose of naloxone may be administered if no response in 2-3 minutes.



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