

# Warrior Down: Save a Life with Narcan®

## What is Narcan®?

Narcan® (naloxone) treats opioid overdoses in emergency situations.

It works by reversing the effects of opioid overdose.



ALWAYS call 9-1-1 immediately if you think someone is overdosing, even if Narcan® as already been given.

Stay with the person until help arrives. If you must leave them alone, make sure they are in the recovery position (see below).

## What to do if you suspect an opioid overdose.

### 1 Is it an opioid overdose?

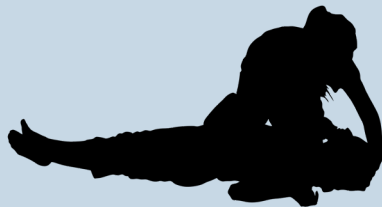
#### Look and listen for:

- Slow or no breathing
- Gurgling, gasping or snoring
- Clammy, cool skin
- Blue lips or nails
- Pill bottles, needles or alcohol



#### Try to wake them up:

- Shake them and call their name
- Rub your knuckles hard over their chest bone



If they don't wake up, you need to act fast!

### 2 Call 9-1-1

- Say where you are and that the person isn't breathing or cannot be woken up.
- You don't need to say anything about drugs or medications when you call.
- Most states have Good Samaritan laws that protect you from prosecution if you are saving a person's life.



### 3 Give Narcan®/naloxone and start rescue breathing

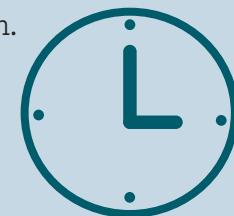
- **Give the naloxone.** Follow the instructions on the package or in the overdose rescue kit.
- **Start rescue breathing.** If they don't respond in 3-5 minutes, give a **second dose of naloxone. Keep rescue breathing.**

Do rescue breathing even if you don't have naloxone. Oxygen is critical!



### 4 Stay with them

- If they start to wake up and breathe, stay with them.
- **Watch them until medical help arrives.** Naloxone wears off in 30-90 minutes. When it does, the person can stop breathing again.
- If you must leave, put them into the recovery position and in a place they can be found.



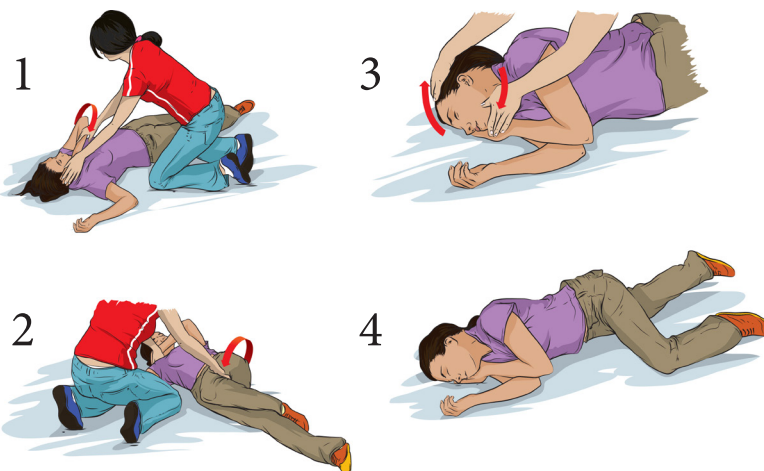
#### Rescue Breathing

- Tilt head back. Lift chin. Pinch nose.
- Give **2 quick breaths.**
- Chest should rise.
- Then give **1 slow breath every 5 seconds.**
- **Keep going** until they start breathing or until help arrives.



#### Recovery Position

##### Lay person on side to prevent choking



#### California Resources

California Consortium for Urban Indian Health  
<https://bit.ly/trainnaloxone>

California Rural Indian Health Board  
<https://bit.ly/tribalMAT>

California Tribal MAT Project  
<https://bit.ly/tribalMAT>

California Naloxone Distribution Project  
<https://bit.ly/CAnaloxone>



Opioid Response Network  
STR-TA