



# How To Save A Life With Narcan

## What is Narcan?

Narcan is a life-saving medicine that safely and effectively reverses opioid overdoses - including opioids such as heroin, fentanyl, and prescription opioid medications. Keep Narcan nearby at all times in case of an emergency before taking any substance.

## OPIOID OVERDOSE RESPONSE STEPS

### Recognize the Signs of an Opioid Overdose

- Lips or fingertips turning blue
- Pale/grayish skin
- Unresponsiveness
- A very limp body
- Shallow, slow, or stopped breathing
- Slow or stopped heartbeat
- Pinpoint pupils
- Choking or gurgling sounds

### Did You Know?

The **Good Samaritan Law** protects people helping in an overdose emergency from getting arrested or prosecuted for certain crimes.



#### STEP 1: GET THEIR ATTENTION

Firmly rub your knuckles up and down the middle of the person's chest to keep them awake.



#### STEP 2: CALL 911

Let them know your location and the person's symptoms.



#### STEP 3: ADMINISTER NARCAN

1. Peel off the package to remove the device.
2. Place tip of nozzle in either nostril until your fingers touch the bottom of the person's nose.
3. Press the plunger firmly to release dose into nose.
4. Give second dose if first dose does not work within 1-3 minutes.



#### STEP 4: GIVE RESCUE BREATHS

1. Lay the person on their back.
2. Tilt their chin back. Remove anything blocking airway.
3. Pinch the person's nose closed and cover their mouth with your mouth.
4. Blow 2 regular breaths, then give 1 breath every 5 seconds.
5. Do chest compressions if trained in CPR.



#### STEP 5: CARE FOR THE PERSON

Stay with the person until help arrives. Be sure to place the person in recovery position with their face and head turned to the side, top hand placed under head, and top knee bent to support the body.

Visit [birdielight.org](http://birdielight.org) to learn more.