

Naloxone Is Not Just for People Using Illegal Drugs

Naloxone Is for Every Household With Prescription Opioids



If someone in your household takes prescription opioids, you should have **naloxone** on hand. It could save a life.



What Is Naloxone?

Naloxone (e.g. Narcan) is a lifesaving medication that can quickly reverse an opioid overdose. It works by blocking opioid receptors in the brain, restoring normal breathing within two to three minutes.

- » **Safe:** **Naloxone** is safe and has virtually no side effects if given to someone who hasn't taken opioids.
- » **Effective:** **Naloxone** is approximately 90% effective at reversing opioid overdoses.
- » **Easy to use:** No medical training is required, and **naloxone** is available as a nasal spray or auto-injector.
- » **Available without a prescription:** **Naloxone** is available over the counter at most pharmacies.

The CDC and FDA recommend having **naloxone** available under these circumstances.

- » You take prescription opioids, especially at doses of 50 morphine milligram equivalents (MME) or higher per day.
- » You take opioids and benzodiazepines together.
- » You have household members (including children) who may accidentally take opioids.
- » You take opioids after a recent incarceration or have a history of opioid use disorder.
- » Anyone in your home could benefit from this lifesaving medication.



Signs of an Opioid Overdose

Watch for These Signs

- » pinpoint pupils (very small pupils)
- » shallow or no breathing
- » gurgling or snoring sounds
- » loss of consciousness

Additional Warning Signs

- » blue lips or fingernails
- » cold, clammy skin
- » unresponsive to stimuli
- » vomiting or choking sounds



How to Use **Naloxone** (Nasal Spray)

1. Remove the **naloxone** nasal spray from the package.
2. Tilt the person's head back slightly and insert the nozzle into one nostril.
3. Press the plunger firmly to spray the medication.
4. Call 911 immediately — do not wait!
5. If there is no response after three minutes, use the second dose in the other nostril.
6. Stay with the person and keep them on their side in case they vomit.
7. Emergency care is still required — **naloxone** wears off in 30-90 minutes.



Important: After Using Naloxone

Always call 911 — even if the person seems to recover. Naloxone is short-acting, and the opioid may take effect again. The person needs emergency medical care and monitoring at a hospital.

Take Action Today

- » Talk to your doctor or pharmacist about getting **naloxone** if you or anyone in your home takes opioids.
- » Get trained — ask for a brief training on how to use **naloxone**; it takes just a few minutes.
- » Store it safely — keep **naloxone** in an easy-to-reach location.
- » Tell others — make sure family members know where **naloxone** is and how to use it.
- » Check expiration dates and replace **naloxone** when expired.



Resources for More Information

- » [NIDA: Naloxone DrugFacts](#) — SCAN —>
- » Please visit the CDC or SAMHSA websites for more information or contact your local health department for community naloxone programs.



REMEMBER:

**NALOXONE IS FOR EVERY HOUSEHOLD
WITH PRESCRIPTION OPIOIDS**