



Caregiver Bulletin

What is Naloxone?

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Naloxone is a lifesaving medication that can reverse an overdose from opioids—including heroin, fentanyl and prescription opioid medications. Naloxone is easy to give and easy to carry. It comes in two forms, a prefilled nasal spray or an injectable. Narcan is another name for Naloxone. Both the nasal spray and injectable naloxone/Narcan are safe and equally effective in saving a life.



Naloxone Nasal Spray

Prefilled devices that spray medication into the nose.

How do I know if someone is having an overdose?

Recognizing an opioid overdose can be difficult. If you think someone has symptoms but you aren't sure it's an overdose **treat it like an overdose and call 911**. An opioid overdose is a medical emergency. Fast action can save a life.



Signs of opioid overdose may include:

- Small or “pinpoint” pupils.
- Falling asleep or losing consciousness.
- Slow, shallow breathing.
- Choking or gurgling sounds.
- Limp body.
- Pale, blue, grey or ashen skin color.
- Cold skin.

What should I do if I suspect an overdose?

1. Call 911.
2. Give Naloxone.
3. Talk to the individual. Explain what you are doing. Do your best to keep them awake.
4. Lay the person on their left side to prevent choking.
5. Stay with them until emergency assistance arrives.
6. Naloxone can take two to three minutes to start working. You may need to give more than one dose.

Giving Naloxone

Giving Naloxone:

The Washington State Department of Health has a standing order for Naloxone to be administered. The standing order allows you to get, have and give Naloxone to someone with a suspected opioid overdose..

- Giving Naloxone is voluntary.
- Anyone may give Naloxone. It does not need nurse delegation.
- Naloxone may be stored in a home, facility or office.
- If a provider or facility chooses to use Naloxone, they must have policies and procedures for staff to follow.
- Follow the same storage and administration standards as all other prescription medications.

To learn more about Naloxone administration, [watch this video](#).



A person you care for might be prescribed an opioid medication. Common opioids include:

- Heroin.
- Morphine.
- Dilaudid.
- Codeine.
- Methadone.
- OxyContin.
- Vicodin.

Resources:

Use of Naloxone for a Drug Overdose - [Instructions](#)

Washington State Department of Health - [Overdose Education](#)

Centers for Disease Control and Prevention - [Preventing Opioid Overdose](#)

Centers for Disease Control and Prevention - [Lifesaving Naloxone](#)

[RCW 69.41.095](#), Opioid overdose reversal medication - Standing order **permitted**

[RCW 4.24.300](#), Washington's Good Samaritan law

1 Peel back the package to remove the device.



2 Place and hold the tip of the nozzle in either nostril.



3 Press the plunger firmly to release the dose into the nose.



Roll to a recovery position.

