What is an opioid overdose?

Opioid overdose occurs when a person takes a larger dosage of opioids than their body can handle, and **breathing slows or even stops as a result**.

How to Prevent against Accidental Overdose:

- **Avoid mixing** opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium), or medicines that make you sleepy
- **If you use prescription opioids**, call your doctor if you miss or change doses, feel ill, or start new medication
- **If you inject opioids, know your limits:** avoid using alone, and do a test shot to see how strong the drugs are first
- **Carry an overdose rescue kit, and learn how to administer naloxone** (turn page for instructions)

For patient education, videos and additional materials, please visit **www.prevent-protect.org**

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What are Opioids?

Opioids are drugs including heroin as well as prescription pain relievers. When misused opioids can lead to overdose and death.

Common Opioids Include:

GENERIC	BRAND NAME
Heroin	—
Fentanyl	Duragesic, Actiq
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxi-codone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, Tyco, Tylenol #3
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Bunavail, Butrans, Suboxone, Subutex, Zubsolv, Probuphine

Adapted from the San Francisco Department of Public Health

State of Illinois
Illinois Department of Public Health

HOW TO USE NALOXONE AND PREVENT OVERDOSE

A GUIDE FOR PATIENTS AND CAREGIVERS

IDPH
Illinois Department of Public Health

Giving naloxone:

1 Check for

- ✓ Extreme sleepiness
- ✓ No response if you say their name or shake them
- ✓ Blue lips, fingernails
- ✓ Breathing less than 8 breaths/min or not at all

2 Call 911 and Give naloxone

- ✓ The law* protects you - Don't be afraid to call for help!
- ✓ If no reaction in 3 minutes, give a second dose

3 Do rescue breathing/chest compressions and stay until help arrives

- ✓ Follow 911 dispatcher instructions

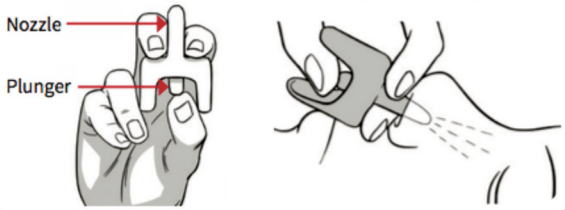
*(20 ILCS 301/5-23(d)(2))

What is naloxone and how do I give it?

Naloxone reverses opioid overdose. Naloxone works quickly and may require more than one dose. Follow the instructions below for your naloxone product:

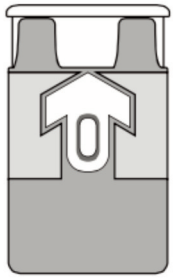
Nasal spray

This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.



Auto-injector

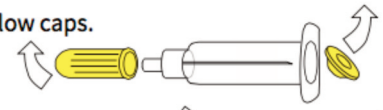
The naloxone auto-injector needs no assembly and can be injected into the outer thigh, even through clothing. It contains a speaker that provides step-by-step instructions.



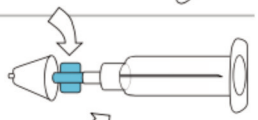
Nasal spray with assembly

This requires assembly. Follow the instructions below.

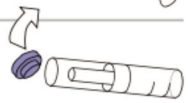
1 Take off yellow caps.

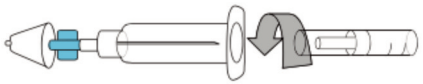


2 Screw on white cone.



3 Take purple cap off capsule of naloxone.





4 Gently screw capsule of naloxone into barrel of syringe.

5 Insert white cone into nostril; **give a short, strong push** on end of capsule to spray naloxone into nose: **ONE HALF OF THE CAPSULE INTO EACH NOSTRIL.**

Push to spray.

6 If no reaction in 3 minutes, give second dose.

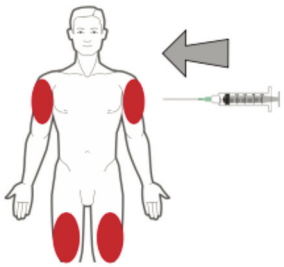
Injectable naloxone

This requires assembly. Follow the instructions below.

1 Remove cap from naloxone vial and uncover the needle.

2 Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 ml.

3 Inject 1 ml of naloxone into an upper arm or thigh muscle.



4 If no reaction in 3 minutes, give second dose.