

# Save a life

## Use naloxone for a drug overdose



CLARK COUNTY  
WASHINGTON

PUBLIC HEALTH  
HARM REDUCTION

### What is naloxone?

Naloxone is a medicine that **temporarily** blocks the effect of opioids. This helps a person start to breathe again and wake up from an opioid overdose in about 2-5 minutes.

Naloxone (generic name) is also sold under the brand names *Narcan*® and *Evzio*®, and comes in a variety of types including nasal spray, naloxone for injection into a muscle, and an auto-injector.

In Washington state, anyone who might witness or have an opioid overdose can legally possess and administer naloxone.

Naloxone is safe and easy to use. Bad reactions to naloxone are rare and it is safe to give to anyone, including pregnant women and children.

Naloxone only works on opioids; it has no effect on someone who has not taken opioids. Naloxone will not reverse the effects of other drugs like cocaine, methamphetamine, alcohol, or benzodiazepines (e.g. Xanax®, Klonopin® and Valium®). But naloxone can still block the effect of opioids (and reverse the overdose) even if the person has also taken one or more of these other drugs.

Have at least three doses of naloxone on hand because **it may take more than two doses.**



### What are the signs of an overdose?

- Won't wake up or hard to wake up
- Slow or no breathing, gurgling, gasping, or snoring
- Pale, ashy, cool skin
- Blue or gray lips or fingernails

# What to do in an opioid overdose

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1

Try to wake the person: Shake them, shout their name, rub your knuckles hard on their sternum.

2

Call 911: Tell the operator your location, that you're with someone who is not breathing or is unconscious.

3

If you have naloxone, give one dose. Naloxone can take 2-3 minutes to work, so **start rescue breathing**:

- Tilt head back. Lift chin. Pinch nose.
- Give a full breath. Their chest should rise when you exhale. Let their chest fall after each breath.
- Give a breath every 5 seconds.

4

If the person is still not breathing after 2-3 minutes, give a second dose of naloxone. Continue rescue breathing until the person wakes up or medical help arrives.

5

If the person starts breathing and wakes up, stay with them, calmly explain what happened, and encourage them to get evaluated by a medical provider.

6

Naloxone only lasts 30-90 minutes. When the naloxone wears off the person could stop breathing again **even without taking more opioids**.

## Did you know?

If you are trying to help in an overdose, Washington state's 911 Good Samaritan Overdose Law protects you from civil liabilities and also protects you and the overdosing person from drug possession charges.

Most law enforcement agencies in Clark County have officers trained to respond to an overdose, including administering naloxone (Narcan®). A police officer responding to your 911 overdose call can be a valuable, life-saving resource



[www.stopoverdose.org/section/learn-about-naloxone](http://www.stopoverdose.org/section/learn-about-naloxone)

For other formats, contact the Clark County ADA Office 564.397.2322 / 711 or 800.833.6388 / ADA@clark.wa.gov