







Alcohol and Drug Education

Naloxone Facts

RESCUE FROM OPIOID OVERDOSE

▶ **Naloxone (also known as Narcan®) can reverse the effects of opioid overdose.**

Look for Signs of an Opioid Overdose

 Check: Hard to wake, heavy nodding	 Listen: Slow or shallow breathing (1 breath every 5 seconds); gurgling/choking sounds	 Look: Bluish or grayish lips, fingernails, skin	 Touch: Clammy sweaty skin
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Naloxone Saves Lives

- 1 Naloxone is **SAFE** and available as an over the counter (OTC) medication.
- 2 Naloxone can reverse the effects of an overdose from opioids, including:

Heroin	Fentanyl	Hydrocodone (Vicodin®)	Codeine
Morphine	Methadone	Oxycodone (OxyContin®)	Hydromorphone

Drugs obtained from non-healthcare sources are commonly mixed with fentanyl.
This includes pills that look like medications or stimulants like cocaine or methamphetamine.

- 3 Naloxone is available in all states.
- 4 Naloxone for overdose must be given as a nasal spray or injection by a bystander, as the person overdosing cannot administer it themselves.

How to Get Naloxone

- ▶ If you or a family member uses or may be exposed to opioids, you should have naloxone on hand.
- ▶ Within the VA, ask your VA provider for a free prescription for naloxone.
- ▶ To find naloxone outside the VA, contact your local pharmacist, health department, or community groups. *Many offer it at no cost or for a small fee without a prescription.*



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