About Naloxone

Naloxone is a safe medication that can reverse the effects of an opioid overdose.

It only works on opioids (such as heroin, fentanyl, and prescription painkillers) but is safe to use even if opioids are not present.

Important: Tell others where naloxone is stored and how to use it.

Checking for Overdose

Signs of an opioid overdose include:

- Unresponsiveness or unconsciousness
- Slow or stopped breathing
- Blue, gray, or white lips or fingertips
- Snoring or gurgling sounds

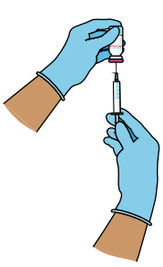
Check for responsiveness before giving naloxone:

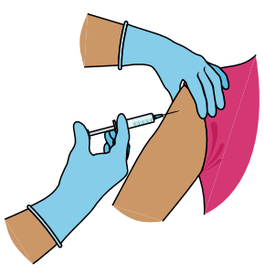
- Shout loudly to see if the person responds.
- If there is no response, grind your knuckles into their breastbone (sternal rub).

If there is no response to the sternal rub, it is an emergency!

Overdose Response Steps

1. Call **911** for medical help. Tell them someone is not breathing.
2. Prepare injectable naloxone:
   - Remove cap from vial and uncover needle.
   - Hold the vial upside down and insert the needle into the rubber seal of the vial.
   - Pull back the plunger to pull the contents of the vial into the syringe.



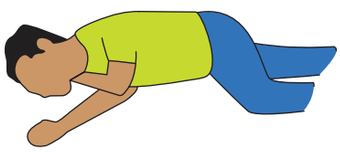


3. Administer naloxone:
   - Inject the needle straight into a large muscle, such as the upper arm or thigh, and push the plunger down. It is OK to inject through clothing if needed.

If there is no response in two minutes, give a second dose using a new, sterile syringe.

4. Give rescue breaths or CPR as soon as possible. The naloxone kit contains a face shield.
   - Tilt the person's head back and pinch their nose.
   - Give two breaths and watch for their chest to rise.
   - Continue giving one breath every five seconds.

5. When not giving naloxone or rescue breaths, put the person on their side to prevent choking.



After Giving Naloxone

Stay with the person until medical help arrives.

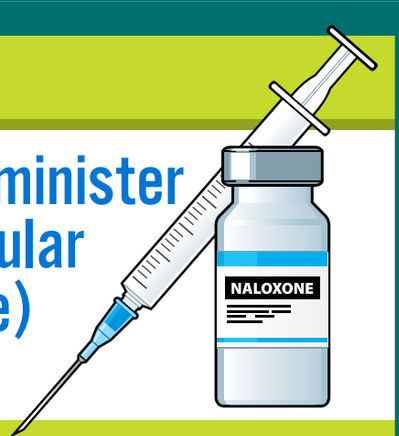
- Naloxone works for 30 to 90 minutes and may cause withdrawal symptoms until it wears off.
- Using more drugs is unlikely to reduce withdrawal symptoms but may increase risk of another overdose.

Get a new kit if you use one or more doses, or when the naloxone expires.

Support

To find out where you can get naloxone, call **311** or visit **nyc.gov/naloxone**.

For free, confidential crisis counseling, mental health and substance use support, and referrals to care, call or text 988 or chat at **nyc.gov/988**. Counselors are available 24/7 in more than 200 languages.

NYC Health

How to Administer Intramuscular (Injectable) Naloxone