

## 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. Give naloxone. Do not test the device, as it can only be used once.



No assembly is needed. Spray the naloxone in one nostril by pushing the plunger.

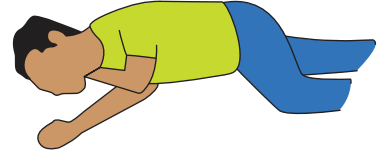
**If there is no response in two minutes, give a second dose.**

3. 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.



4. 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 for another overdose.

**Report use of naloxone to the program from which you got it, or use the Stop OD NYC app.**

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

## Support

Contact NYC Well 24/7 to find naloxone or for support with substance use or mental health.

- 📞 Call 888-NYC-WELL (888-692-9355).
- 📱 Text "WELL" to 65173.
- 💬 Chat online at [nyc.gov/nycwell](https://nyc.gov/nycwell).

