



Responding to an Overdose During the COVID-19 Pandemic

Naloxone (Narcan) is a medication that can reverse the effects of an opioid overdose. It only works on opioids, such as heroin, prescription painkillers and fentanyl, but is safe to use even if opioids are not present.

COVID-19 precautions: Responding to an overdose will require a brief period of being less than 6 feet from another person. Do your best to avoid unnecessary contact. Wear gloves and use the face shield provided in the kit for rescue breathing. After responding, wash your hands with soap and water for at least 20 seconds, and use an alcohol wipe on anything else you touched (such as a phone), even if you have gloves on. See below for steps to reverse an overdose during COVID-19.

Shout and Sternal Rub	<ul style="list-style-type: none"> Look for overdose symptoms: Unresponsive, slow or stopped breathing, discolored lips or fingertips, snoring or gurgling.
	<ul style="list-style-type: none"> Shout to check for responsiveness.
	<ul style="list-style-type: none"> If no response, rub gloved knuckles firmly up and down on the person’s breastbone (non-latex gloves are available in every naloxone kit).
Give Naloxone	<ul style="list-style-type: none"> Call 911 for medical backup.
	<ul style="list-style-type: none"> Give naloxone: <ol style="list-style-type: none"> Peel package open. Do not test device. Place nozzle all the way into the person’s nose. Press plunger to release naloxone. If no response in two minutes, give another dose.
Support	<ul style="list-style-type: none"> Rescue breathing (mouth-to-mouth) is optional. Instructions can be found on the face shield in your kit. There is still risk of COVID-19 transmission when using a face shield.
	<ul style="list-style-type: none"> Place person in the recovery position (on their side) whenever you are not using naloxone or performing rescue breaths.
	<ul style="list-style-type: none"> If a person wakes up, explain what happened. Advise them that using drugs 30 to 90 minutes before naloxone wears off will not reduce withdrawal and may increase their risk of another overdose.

Contact the program where you received your kit to let them know you used it and need to receive a refill, or visit nyc.gov/naloxone for information on obtaining another kit.

For general information on COVID-19, including how to guard against stigma, visit nyc.gov/health/coronavirus or cdc.gov/covid19. For real-time updates, text “COVID” to 692-692. Message and data rates may apply.