

Save a Life in 1, 2, Breathe

Naloxone can be obtained as an FDA-approved, easy-to-use nasal spray that can be used to safely and effectively reverse an opioid overdose—no prescription needed.



How to reverse an opioid overdose with naloxone:

1

Call 911
on speaker
phone

2

If observing less than 8 breaths
per minute, tilt the head back and
begin rescue breathing

3

Place nozzle
in a nostril and
press plunger

Remember, breathing is more important than waking up.

Tips for Using Naloxone

- Call 911 immediately if you recognize any signs of an overdose.
- Do not “prime the pump” before use. Spray the entire contents into one nostril.
- If consciousness is not regained in 2-3 minutes, administer a second dose in the other nostril.
- The lifesaving effects of naloxone only last 30-90 minutes. Respiratory failure can occur again, so it's vital that the individual is monitored at a hospital/medical facility.
- Naloxone is safe to use even if a suspected opioid overdose turns out to be a different medical emergency.

To learn the signs of an overdose and find
where naloxone is available near you, visit
JustPlainKillers.com/naloxone

JUST PLAIN KILLERS.COM

An initiative of the Office of Substance Use Services (OSUS),
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