

Using Naloxone to Reverse an Overdose

Naloxone (also known by the brand name Narcan®) is a life-saving medication that can quickly restore the breathing of a person experiencing an opioid overdose. It is easy to use and can save a life.

Follow these steps to use Naloxone nasal spray:

1. Identify an overdose.



Signs of an overdose include:

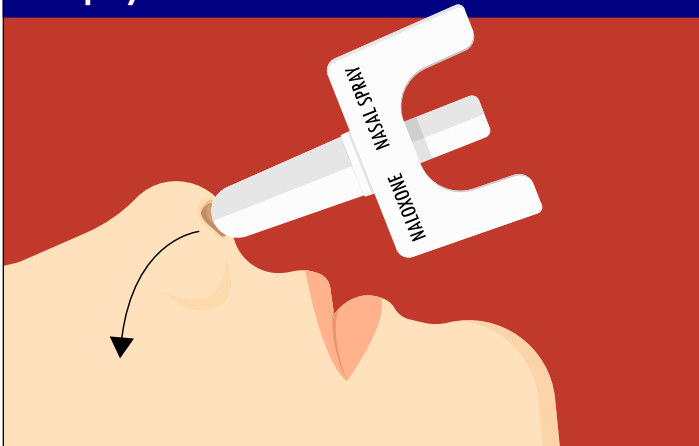
- » Blue lips and/or fingers
- » Unresponsive to shaking or sternum rub
- » Limp body
- » Slow or no pulse
- » Clammy, pale skin
- » Gurgling that may sound like snoring

2. CALL 911.



If someone is exhibiting any of the signs of overdose, **call 911 immediately!**

3. Spray naloxone into the nostril.



- » Do not prime or test the spray.
- » Lay the person on their back with their head tilted back and support their neck.
- » Gently insert the nozzle into one of the person's nostrils. Press the plunger firmly to administer the entire dose.

4. Stay with the person until help arrives.



- » Administer more naloxone if the person does not resume breathing within 2–3 minutes.
- » Provide rescue breathing while you wait for the naloxone to take effect.
- » Roll them to their side to prevent choking (recovery position).
- » Wait for emergency help to arrive, and inform them that you administered naloxone.

Did you know? Opioids can remain in your system for hours or as little as 30 minutes, potentially resulting in a person slipping back into overdose.

IMPORTANT TIPS

- » Expired naloxone may still be effective—use it if it's the only naloxone available.
- » Store naloxone somewhere easy to access.
- » Naloxone can be effective for as little as 30 minutes. Recurrence of overdose is possible. Seeking medical attention is vital.
- » Naloxone should be kept at room temperature (ideally 59–77°F), away from direct light and extreme heat or cold (don't store it in a car). Its typical shelf life is 1–4 years.
- » Naloxone saves lives—and the care you provide makes a lifesaving difference.





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POINT Center MD is Maryland's go-to destination for drug user health education and support. It provides outreach workers, community-based organizations, and service providers with accessible tools, training opportunities, and practical guidance to strengthen services for people who use drugs in Maryland.

As a collaborative program of the Maryland Department of Health and HealthHIV, POINT Center MD helps the workforce stay informed, skilled, and connected through a combination of learning resources, best practices, and statewide coordination. The platform supports organizations in delivering responsive, person-centered services and fosters consistency and quality across drug user health efforts in Maryland.



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