



FROM



health net

WHAT TO DO DURING AN OPIOID OVERDOSE

If taken differently than prescribed, opioids can be life threatening. However, a quick response to an opioid overdose by administering naloxone and calling for medical help may help save someone's life.

An opioid overdose is very dangerous. Call 911 if you think someone could be having an overdose. After calling 911, give the person naloxone.



What is naloxone and how can it help?

Naloxone is a medication used to reverse an opioid overdose. It can help a person start breathing again if they are having an opioid overdose. At times, it can have unpleasant side effects such as agitation, confusion and nausea. Sometimes it may need to be given multiple times in severe overdoses. It's important to ask your pharmacist or doctor how and when to use naloxone.



Where to get naloxone

- Many police officers and paramedics now carry naloxone
- Your doctor may prescribe it to you
- Over the counter at a pharmacy

Know the signs of an opioid overdose

It may be hard to tell if a person is experiencing an overdose. If you aren't sure, it's best to treat it like an overdose. Here are some signs and symptoms of an opioid overdose:

- Nodding off
- Very small pupils
- Extreme tiredness
- Shortness of breath
- Slow/no breathing
- Unconsciousness
- Limp arms/legs
- Pale skin
- Blue or purple lips/fingernails
- Sounds of distressed breathing or gurgling
- Unresponsive to voice or touch






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Forms of naloxone

Naloxone comes in three forms: injectable, auto-injectable and prepackaged nasal spray.

	Product	Dose	Details of Use
	Multi-Use Vial	0.4 mg 1 mg 2 mg	Needs to be drawn up with a needle and syringe; injection into leg or shoulder muscle.
	Single Use Auto-injector	2 mg	Requires assembly of unit, then inserted and deployed into outer leg. Once turned on, verbal instructions describe how to use.
	Nasal Spray	2 mg 4 mg	No assembly. Insert in one nostril and deploy.



Questions?

Your doctor or pharmacist can answer any questions about naloxone.

You may need it if:

- You take opioids
- Someone you know takes opioids
- Your child or someone else accidentally takes an opioid
- You or someone you know has overdosed before

Additional support

We're here to help with additional tools and local resources.

Please contact us by calling the number listed on your Health Net member ID card.

SAMHSA National Helpline:

1-800-662-HELP (4357)
www.samhsa.gov/find-help/national-helpline

SAMHSA Treatment Locator:

www.samhsa.gov/find-treatment

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Please refer to the formulary for your health plan for specific coverage details regarding your medications.

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