

## What is Narcan?

Also called "naloxone," Narcan is a safe, effective medication that can save a life by stopping an opioid overdose. Paramedics and ambulances carry naloxone. If you use opioids you can also get Narcan from a doctor to have with you in case of overdose.

Narcan is usually injected with a syringe. It can be injected into a muscle in the thigh or upper arm. It also comes in a spray. It cannot be taken by mouth.

Prevention Point Pittsburgh offers trainings on how to prevent overdose, what to do if someone overdoses, and how to use Narcan.

## Where To Get Narcan

Narcan is available through Prevention Point Pittsburgh at the needle exchange. If you use opioids and complete a 20 minute training on Overdose Prevention & Response, you can be prescribed Narcan by a doctor and get Narcan to take home at no charge.

You may also be able to get Narcan from your own doctor. Some doctors are offering Narcan to their patients when opioids are prescribed to treat pain.

For info on naloxone: [prescribetoprevent.org](http://prescribetoprevent.org)

## Prevent Overdose

Avoid mixing opioids with other drugs or alcohol.

Know what you are taking and how strong it is, *If you aren't sure take less.*

Know your tolerance, *if you aren't sure take less.*

Make sure someone is there who knows how to help you if something goes wrong.

Learn rescue breathing.

Learn how to give Narcan.

Keep Narcan with you in case of overdose.

## Learn More About Preventing Overdose

How to do Rescue Breathing  
How to get and give Narcan

## For Overdose Prevention Trainings and Narcan Prescription

412-247-3404 • [www.pppgh.org](http://www.pppgh.org)  
[overdoseprevention@pppgh.org](mailto:overdoseprevention@pppgh.org)  
Allegheny County Health Department  
3441 Forbes Avenue  
Pittsburgh, PA 15219 (next to Arby's)  
Sundays 12-3pm

## Prevention Point Pittsburgh

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Case Manager: 412-758-4257  
ALL SERVICES ARE FREE

[www.pppgh.org](http://www.pppgh.org)

If someone  
**OVERDOSED**  
would YOU  
know what  
to do?

This could help you  
**SAVE A LIFE!**

## WHO CAN OVERDOSE?

Anyone who uses drugs or medications can overdose. Opioid overdose can cause death because you can stop breathing.

## WHAT ARE OPIOIDS?

Medicines for pain: Vicodin, Codeine, OxyContin, Percocet, Opana, Methadone, and Fentanyl. Heroin is also an opioid.

## WHAT ARE THE RISKS OF OVERDOSE?

- If you mix opioids with alcohol or medication that has a "downer" or relaxing effect (Xanax, Ativan, Klonopin, Valium or even sleeping pills).
- If you have been opioid-free for a while, and then take drugs or pain medicine, you are more likely to overdose. *Take less than you are used to.*
- If you don't know how potent the drug is, it is easy to take too much. Heroin is "cut" with sugar, baking soda, or other things and depending on the mix it can be stronger or weaker. *If you aren't sure how strong it is, take less to start.*
- Pills also come in different strengths. OxyContin can be a 10mg pill or an 80mg pill. *Big difference!* Know what you are taking.
- If you take drugs or pain medications, try to be with other people who can help you if something goes wrong.

## ARE THEY BLUE? PASSED OUT? SLEEPING?

If they took pills, drugs, medication, it could be an overdose! Are they:

- Not breathing, slow breathing?
- Lips or skin look blue or gray?
- Eyes rolled back?
- Limp, unresponsive?
- Slow pulse, no pulse?

## WHAT TO DO ?

- DON'T LEAVE THEM ALONE TO SLEEP IT OFF.
- Try to wake them. Shake them. Call their name.
- Are they breathing? Put your ear close to their mouth. Can you hear or feel them breathing?
- If not, BREATHE FOR THEM (rescue breathing), and call 911.
- If they have Narcan and you know how to use it, give them an injection into the muscle (thigh or upper arm) or use the nasal spray.

## BREATHE FOR THEM It Can Save a Life.

- Roll them on their back
- Tilt their head back
- Remove anything in their mouth
- Pinch their nose shut
- Take a deep breath and breathe into their mouth, 2 breaths to start, then 1 breath every 4 seconds.

Breathing for them can keep them alive, but it's hard to do for long, so call 911 ASAP!



## CALL 911 It Can Save a Life.

- Paramedics have oxygen and naloxone (Narcan) and can take them to the hospital.
- When you call 911, the police may come too. Sometimes people are afraid to call 911 for fear of getting in trouble, but if you don't call, the person could die.



## ADMINISTER NARCAN It Can Save a Life.

- If you have Narcan and you know how to use it, you can save a life.
- Available in nasal spray and injection.
- Contact Prevention Point Pittsburgh to receive instruction for administering Narcan.



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412-247-3404

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