



Comprehensive Narcan Guide

Harm Reduction Circle

501(c)(3) Nonprofit Organization Established 2021

WHAT IS NARCAN NASAL SPRAY?

Narcan Nasal Spray (*also called Naloxone*) is an antidote used exclusively to reverse the effects of an opioid-related overdose. When properly administered to someone experiencing an opioid-related overdose it blocks the opioid receptors in the brain which reverses the effects of an opioid overdose — typically showing results in just 2-3 minutes after being administered.

MOST COMMON SYMPTOMS OF AN OPIOID-RELATED OVERDOSE

Signs of an overdose, which often results in death if not treated, include

- Unresponsive, unconsciousness, or inability to awaken
- Slow or shallow breathing or breathing difficulties such as choking sounds or a gurgling/snoring noise from a person who cannot be awakened
- Fingernails or ashy lips turning blue/purple



HOW TO PROPERLY ADMINISTER NARCAN NASAL SPRAY

Step One: Identify an Overdose

Stimulate them by shouting their name if you know it, asking if they're okay, shaking their shoulders, & finally rubbing their chest firmly using the sternum rub. Narcan will still work even if they are not breathing, however, it will not work on people who do not have a pulse. You can also search their immediate surroundings for additional signs of an opioid-related overdose.

Call 9-1-1

Step Two: Administer the Narcan Nasal Spray

First lie the victim flat on their back. Peel the top-right-hand corner on the rear of the unit to remove it from the packaging. Place your pointer & middle fingers on the nasal spray & your thumb on the bottom of the plunger in the center. Gently tilt their head while supporting the back of their head at all times. Insert the plunger into either nostril until your two fingers come into contact with the bottom of their nose. Firmly press the plunger all the way down.



Step Three: Perform Rescue Breathing

You can also perform rescue breathing, which is similar to CPR but does not require chest compressions. Look for their chest to rise & fall as they breathe into their lips. Rescue breathing alone can revive from an overdose without Narcan. It is very advised since the person may require oxygen as a result of not breathing. Then, place the person in the recovery position (*on their **LEFT** side*) & keep a close eye on them. If they do not respond within 2-3 minutes by waking up, responding to sound or touch, or begin to breathe normally, another Narcan dose may be given in the opposite nostril. If necessary, give additional doses every 2-3 minutes until their breathing stabilizes or aid arrives.

THINGS TO KEEP IN MIND WHEN ADMINISTERING NARCAN TO SOMEONE

When Narcan Nasal Spray you may administer additional doses may be given every 1-2 minutes for those who aren't chronic users of opioids. You want to wait 2-3 minutes before administering additional doses to those who are chronic opioid users.

If someone is going to overdose it will likely occur within 30 minutes or less of consumption. If you're ever unsure if someone is about to overdose, set a timer for 30 minutes. If after 30 minutes they are still able to respond to their name, touch, or you can get any reaction from them they are no longer at risk for overdose unless they consume more,

WHAT IS WITHDRAWAL?

When someone has been using opioids on a regular basis for a long period, a physical dependence can develop. When opioids are discontinued or their effects are blocked by Narcan in this case, they will most likely experience active withdrawal symptoms which can range from moderate to severe.

Common Withdrawal Symptoms Include:

heart rhythm problems, increased heart rate	heart attack
diarrhea	body aches or cramps
shivering or goosebumps	runny nose or sneezing
fever or sweating	increased blood pressure
feeling irritable or nervous	aggressive behavior

Narcan only lasts 30-90 minutes for frequent opioid users.

When Narcan is given to someone who is physically addicted to opioids, always dial 9-1-1. Frequent opioid users may resume overdose symptoms after 30-90 minutes when the Narcan wears off.

WHAT IF SOMEONE NOT EXPERIENCING AN OVERDOSE RELATED TO OPIOIDS IS GIVEN NARCAN?

If Narcan is administered to someone who's not actually experiencing an opioid-related overdose the Narcan will have absolutely **no effect**.

WHAT IF THEY HAVE AN ALLERGIC REACTION?

In extremely rare circumstances Narcan can produce an allergic response in certain persons. It's unclear whether this negative effect was seen in drug trials. An allergic response might have minor or severe symptoms, such as skin irritation including itching, flushing (*warmth or redness of skin color for a brief period of time*), swelling around the eyelids, lips, hands, feet, mouth, tongue, or throat, which may lead to difficulty breathing.

Regardless of whether you are concerned about an allergic response, you should always administer Narcan to someone who is experiencing an active overdose.

Any allergic reaction to Narcan will not be considered life-threatening; however, an active overdose is considered life-threatening.

WHAT IF THE COPS SHOW UP?

Good Samaritan Laws grant civil immunity to anybody who administers Narcan to someone they reasonably suspect is overdosing on an opiate. Any person who seeks emergency or medical services for a person who is experiencing or suspected of experiencing a drug overdose in good faith will not be arrested, charged, or prosecuted for a drug violation if the evidence for the arrest, charge, or prosecution of the drug violation came from seeking such assistance.

Always research your local laws & regulations on Good Samaritan Laws

HOW TO STORE NARCAN PROPERLY

When possible, Narcan should be stored at room temperature and kept away from prolonged exposure to heat (*such as direct sunlight*) or extreme cold temperatures (*such as refrigerator or freezer*).

A study was conducted in 2019 to see if Narcan potency would be affected if exposed to long-term unfavorable conditions, such as high heat & repeated exposure to extreme cold to the point of freezing. This study took place over 28 days where various batches of Narcan were kept in a temperature-controlled environment. One batch was placed into a temperature-controlled oven at 176 degrees Fahrenheit for 8 hours, then at room temperature for 16 hours. Another batch of Narcan was exposed to -4 degrees Fahrenheit for 8 hours each day followed by 16 hours at room temperature. In both cases, the experiment revealed that after 28 consecutive days, even when exposed to heat or freeze-thaw cycles, there was no change to the effectiveness or potency when compared to the control samples that had been kept at room temperature.

NARCAN AGE & PREGNANCY RESTRICTIONS

Narcan can be administered to people of any age. If you suspect an active overdose in a baby, child, adult, or senior, you can administer Narcan.

In life-threatening opioid overdose situations in pregnant women, naloxone can be utilized.

If you fear your pet or other animal has consumed opiates, Narcan can be given to them if required.

DOES NARCAN INTERACT WITH ANY OTHER DRUGS?

Narcan blocks the effects of opioid drugs, but it's not known to interact with other drugs. However, some side effects of Narcan may be more likely in people who use certain other drugs.

.....

DO'S & DON'TS OF RESPONDING TO AN OVERDOSE

- DO attend to the person's breathing & cardiovascular support needs by administering oxygen or performing rescue breathing and/or chest compressions.
- DO administer Narcan & utilize additional doses, if no response to the first dose.
- DO put the person in the "recovery position" on the **LEFT** side, if you must leave the person unattended for any reason.
- DO stay with the person & keep the person warm.

- DON'T slap or forcefully try to stimulate the person; it will only cause further injury. If you cannot wake the person by shouting, rubbing your knuckles on the sternum (*center of the chest or rib cage*), or light pinching, the person may be unconscious.
- DON'T put the person into a cold bath or shower. This increases the risk of falling, drowning, or going into shock.
- DON'T inject the person with any substance (*e.g., salt water, milk, stimulants*). The only safe & appropriate treatment is Narcan.
- DON'T try to make the person vomit drugs that may have been swallowed. Choking or inhaling vomit into the lungs can cause a fatal injury.

.....

REPORTING OVERDOSE INCIDENTS

Our Overdose Incident Reporting Form takes just **15-6**

0 seconds to complete & has **only 3 questions!** Harm Reduction Circle participates in various programs to obtain Narcan which we are able to redistribute. In order for us to continue to receive Narcan from various state-funded programs, we are required to report uses. Members of the public are strongly encouraged to save this link & use it anytime they administer Narcan & to request replacement doses as needed.

tinyurl.com/NarcanReportingForm

.....

Upon completing your initial read-through of this document regarding Narcan Nasal Spray that was sent to you by Harm Reduction Circle you are asked to immediately check your local laws & regulations regarding possessing, distributing, & administering Narcan Nasal Spray.

For assistance or to schedule one-on-one Narcan training contact the Harm Reduction Circle at info@HarmReductionCircle.org

Report anytime you use Narcan & request replacement doses at tinyurl.com/NarcanReportingForm

Disclaimer: By accepting this package you agree to release and discharge Harm Reduction Circle, & all of its affiliates, managers, members, agents, attorneys, staff, volunteers, agents, representatives, predecessors, successors, & assigns from any & all claims or causes of action. You agree to voluntarily give up or waive any right to otherwise bring legal action against Harm Reduction Circle for personal injury or property damage. If you do not agree please return this package along with all articles to Harm Reduction Circle, 8 Santa Luzia Aisle Irvine, CA 92606.



HarmReductionCircle.org