

# Layperson Naloxone Administration (LPN)

## Quick Reference Sheet



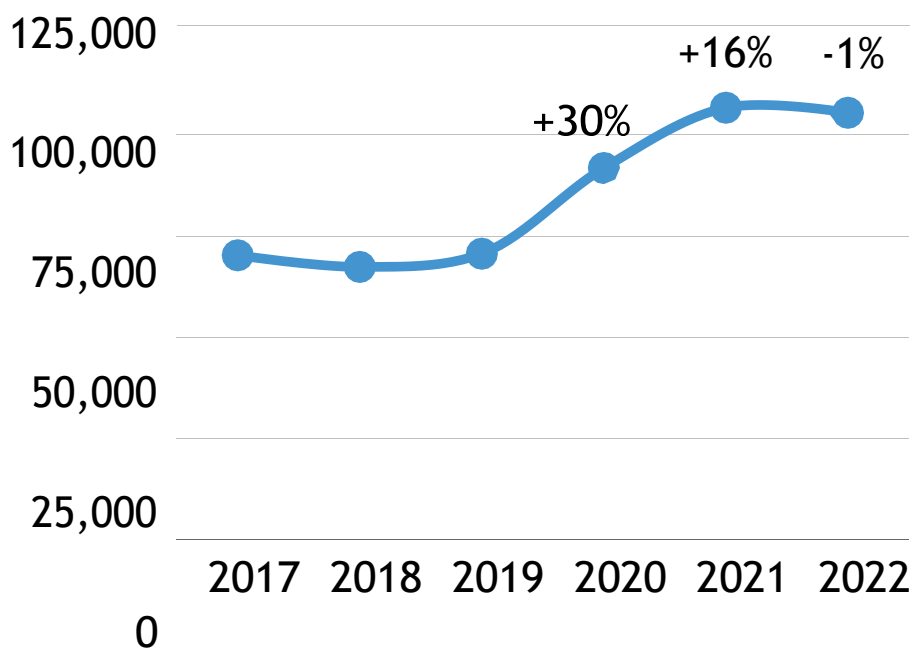
Drug overdose is the leading cause of accidental death in the United States with nearly 110,000 Americans losing their lives to a drug overdose in 2021. In fact, overdose is the leading cause of death for Americans under 50.

The U.S. health crisis began in 1999 and continues more than two decades later. 2018 was the first and only year to see a decrease. 2020 reported a 30% increase. 2021 recorded 106,699 overdose deaths, up 16%. Provisional 2022 data predicts a flattening with 105,452, a 1% decrease.

Nearly 1.2 MILLION  
Americans have died  
between 1999 - 2022

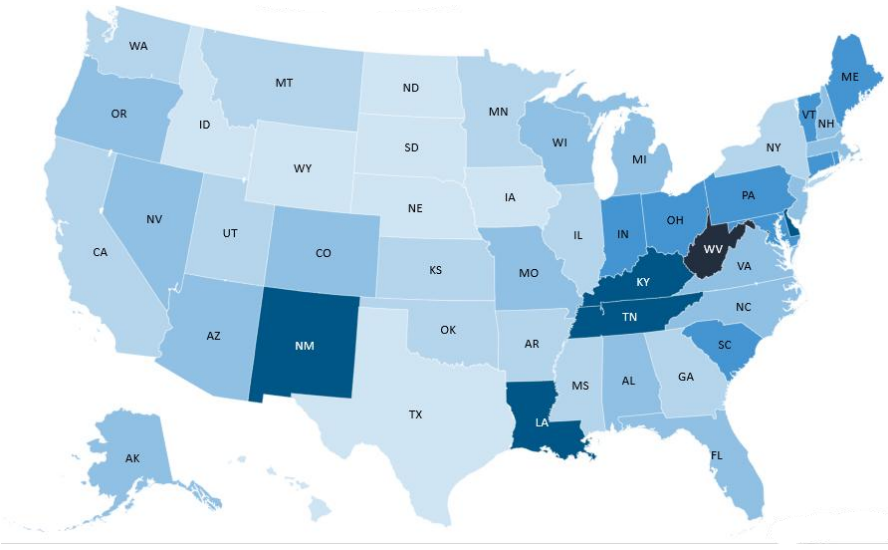
2021 Provisional  
Estimates  
nearly 110,000 U.S.  
Deaths +16%

Fentanyl Accounts for  
88% of  
all 2021 Opioid Overdose  
Deaths



Most of the national overdose death increases involve illicit fentanyl which is often found in counterfeit pills or mixed with heroin, meth and/or cocaine as a combination product—with or without the user's knowledge.

In 2021, the U.S. reported a 32.4 overdose death rate per 100,000, which is a 14% increase over 2020 (28.3 per 100K). In 2021, no states saw a decrease in overdose death rates. 29 states were below the national 32.4 rate per 100,000. The states with the highest increase are Delaware (54), Kentucky (55.6), Louisiana (55.9), Tennessee (56.6), District of Columbia (63.6) and West Virginia (90.9) rate per 100,000.



**2021 106,699 Overdose Deaths**  
**32.4 death rate per 100,000**  
**(compared to 28.3 in 2020)**

Source: State Overdose Death Rate Data: <https://www.cdc.gov/drugoverdose/data/statedeaths.html>

## Naloxone - Opioid Overdose Reversal Medication

Naloxone (brand name NARCAN) Is an opioid antidote (antagonist) which reverses an opioid overdose in much the same manner as an EpiPen (epinephrine auto-injector) reverses an allergic reaction.

Naloxone acts as a bridge between the call to 911 and when help arrives. Naloxone is a KEY strategy recommended by CDC, State and Federal organizations to address the health crisis.

| How it Works   | Completely Safe   | No Side Effects  | Saves Lives   |
|--|---|--|---|
| Naloxone reverses an opioid overdose by attaching to opioid receptors and reversing and blocking the effects of opioids. | Naloxone is completely safe, especially when used in low doses and administered properly. | Naloxone will not hurt someone who is not overdosing. There are no effects unless opioids are present. | It is the same concept as CPR, AED's, EpiPens. It mitigates the damage caused by a negative reaction in the body. |

Naloxone only works in the body for 30 to 60 minutes. Overdose symptoms can continue, return or worsen depending on the potency and duration of the opioid used. Stressing need to call 911.

## MYTHS About Naloxone

### **Naloxone encourages people to use opioids more.**

False. Studies have shown decreases in use in areas where naloxone is commonly used and available.

### **Naloxone makes the recovered violent.**

Not quite. Less than 3%. Naloxone at high dose can cause a quick reversal of an overdose, leading the body to go into “fight-or-flight” mode. This is because the user’s addiction relies on the opioid for survival, without it withdrawal kicks in and a person may become combative.

### **Naloxone prevents people from seeking treatment.**

False. Areas with naloxone distribution have seen higher rates of treatment seeking among those saved by the drug.

## State Naloxone Laws

In general, U.S. State naloxone laws allow the prescribing and dispensing of naloxone, either directly or by standing order, to individuals at risk of an overdose, first responders, the public, or to lay administrators. Individuals who administer naloxone are protected from some criminal and civil charges under Good Samaritan provisions to encourage bystander administration. Including nonmedical first responders, potential overdose bystanders, and family and friends of individuals experiencing and overdose.



## Signs and Symptoms of an Opioid Overdose

Opioid overdose is life-threatening and requires immediate emergency attention. When a person is overdosing from an opioid, their central nervous system and respiration system is depressed and breathing slows or stops. Some brain cells start dying after 5 minutes without oxygen. Every second counts.

Recognizing the signs of opioid overdose is essential to saving lives. When someone is experiencing an opioid overdose, the individual may be:

May Be Unresponsive to a Sternal Rub

Can't Be Awakened. Can't Talk.

May Have Pinpoint Pupils (Sign of Opioid Use)

Blueish Lips or Fingertips

Vomiting, Gurgling or Making Choking Noises

Slow Breath, Respiration, or Heartbeat

They are Unresponsive

**EVERY SECOND  
COUNTS**

**CALL 911  
IMMEDIATELY**

**THEN  
ADMINISTER  
NALOXONE**

## Overdose Prevention Tips for People Who Use Drugs

While naloxone is one overdose prevention solution, there are additional prevention tips for people who use drugs from the National Harm Reduction Coalition.

|                         |   |
|-------------------------|---|
| Mixing / Drugs          | Use 1 drug at a time. Reduce the amount of every drug taken. Avoid mixing alcohol & opioids. Have a friend who knows what drugs used who can respond in case of an emergency.                   |
| Tolerance               | Use less if you have taken a break/haven't used for a while. Go slow. Do a tester shot. Use a different method (snort instead of inject.)   |
| Quality                 | Test the strength of the drug. Try to buy from the same dealer so you know what you're getting. Know the pills you are taking and be careful when switching from one type of opioid to another. |
| Using Alone             | Using alone can increase the risks of an overdose. Fix w/ a friend. Develop a plan w/ friends or partners. Leave door unlocked or slightly ajar. Have someone you trust check on you.           |
| Modes of Administration | Be mindful that injecting and smoking can increase risk. Consider snorting, when using alone or decreased tolerance.  |

*Source: National Harm Reduction Coalition*

## How to Administer Intranasal Naloxone\*

Confirm overdose. Ensure 911 has been called and EMS is on the way.



Open the medication package and peel back the tab to open it.



Hold the naloxone with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



Gently insert the tip of the nozzle into one nostril until your fingers are against the bottom of the nose.



Press the plunger firmly to give the entire dose into one nostril.

*\*Administration steps for intranasal naloxone options follow the same stepped process. For demonstration purposes, step-by-step instructions for the Emergent, NARCAN intranasal spray are presented.*

## How to Administer Intramuscular Naloxone

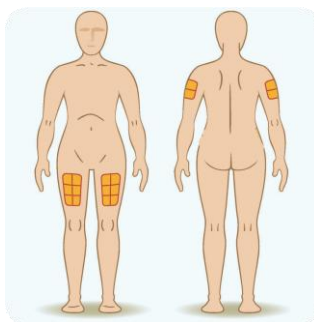
Confirm overdose. Ensure 911 has been called and EMS is on the way.



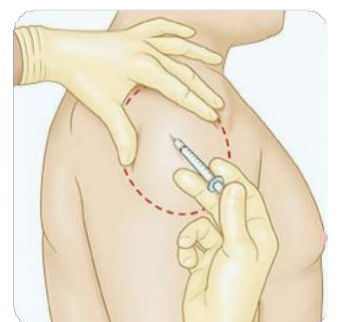
Remove orange cap from naloxone vial and uncover needle.



Pull back on plunger and draw up 1cc. (1cc = 1mL = 100u)



Possible Injection sites: shoulder or thigh muscle.

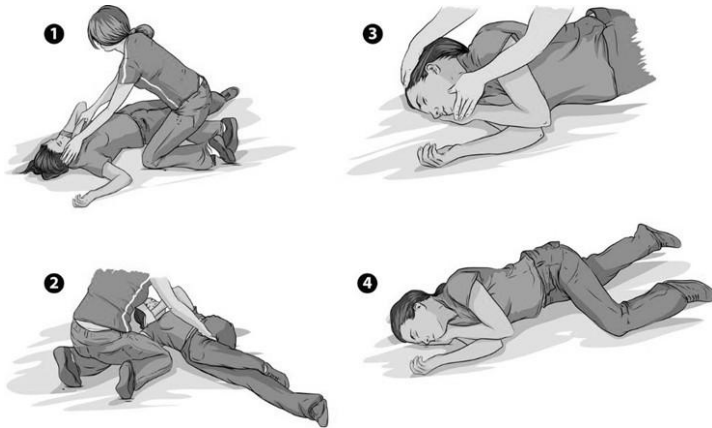


Inject at a 90° straight into the muscle on the shoulder or thigh to give the entire dose.



If you are trained or certified, apply CPR and/or Rescue Breathing. After administration, place the person in the recovery position.

A repeat dose of naloxone may be administered if no response in 2-3 minutes.



## Recovery Position

1. Place the person's arm that is nearest to you at a right angle. Gently place the back of the other hand against their cheek.
2. Gently pull the person's knee furthest from you towards you so that they roll over onto their side, facing you.
3. Raise their chin to tilt their head back slightly, this will open up their airway and help them to breathe.
4. Stay with them until help arrives.