

5 Stay Until Help Arrives

- Be sure you have successfully contacted 911 and help is on the way.
- If still not breathing or breathing is abnormal, repeat naloxone dose after 1-3 minutes.
- Place person on their side to recover safely.
- Stay until medical help arrives.

Learn more here:
addictionhappens.org



GARRETT COUNTY
HEALTH DEPARTMENT
1025 Memorial Drive,
Oakland, Maryland 21550
301-334-7777
garretthealth.org

Originally developed by the
Allegany County, Maryland Health Department

NALOXONE TRAINING: A QUICK GUIDE

1 Get Their Attention

- Say, "Are you okay?"
- Check breathing. Is the chest moving?
- If not breathing or struggling to breathe, stimulate/rub middle of chest.

Continue to Step 2 ➔

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2 Call 911

- If not breathing or breathing is abnormal:
 - ⇒ Call 911 if this can be done quickly without delaying naloxone dosing.
 - ⇒ Position person on back and prepare to give naloxone.
 - ⇒ Open box of naloxone and remove one canister from packaging.

Continue to Step 3 ➡

3 Administer Naloxone

- Hold thumb to plunger, index and middle finger to sides of canister.
- Gently insert tip of nozzle into either nostril until your fingers touch the nose (about 1 inch).
- Support back of head as you press the plunger firmly to release the dose.
- Call 911 now, if you have not already.

Continue to Step 4 ➡

4 Rescue Breathing

- Start rescue breathing now if needed, patient positioned on back.
 - ⇒ Unfold face shield supplied in the kit and lay over the mouth for protection.
 - ⇒ Firmly pinch nostrils closed.
 - ⇒ Deliver breath so that you see the chest rise.

Continue to Step 5 ➡

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