

SIGNS OF AN OVERDOSE

- small, constricted "pinpoint pupils"
- falling asleep or losing consciousness
- slow, weak or no breathing
- choking or gurgling sounds
- limp body
- cold, clammy, and/or discolored skin



WHAT TO DO IF YOU THINK SOMEONE IS OVERDOSING

It may be hard to tell whether a person is high or experiencing an overdose. If you aren't sure, it's best to treat the situation like an overdose—you could save a life.

1

Call 9-1-1 immediately!

2

Administer Naloxone if available.

3

Try to keep the person awake and breathing.

4

Lay the person on their side to prevent choking

5

Stay with them until emergency workers arrive.

Save a life...

...by preventing opioid overdose

Who can? You can!



CARRY NARCAN!!

What You Need to Know About **Naloxone**



Side effects of naloxone

Naloxone can (but does not always) cause withdrawal symptoms, unpleasant physical reactions, in people who are physically dependent on opioids. Withdrawal symptoms are not life-threatening³ and may include fever, anxiety and irritability, rapid heart rate, sweating, nausea, vomiting, and tremors.

Naloxone saves lives because it can very quickly restore normal breathing to a person whose breathing has slowed or stopped as a result of overdosing on opioid medications, heroin, or other drugs (e.g., cocaine, methamphetamine) that are mixed or laced with the opioid fentanyl.¹

Three forms of naloxone products are available, nasal spray, injection, and auto-injection. [The Substance Abuse and Mental Health Administration's \(SAMHSA\) Opioid Overdose Prevention Toolkit](#) can help you learn about the different forms and how to use them.

Naloxone can be given safely to people of all ages, from infants to elderly adults. This includes a child who may have accidentally taken an opioid pain reliever or medicine to treat opioid use disorder.²



How much does naloxone cost?

The cost varies depending on where and how you get it, as well as your health insurance. People with insurance should check with their insurance company to see what the cost is, while individuals without insurance can check with their local pharmacies. **Contact your local health department to learn about community programs that may provide naloxone for free or for a reduced cost.**

General advice to prevent overdose²

- Only take opioids as prescribed.
- Lock up opioids to keep them away from children, prevent them being taken accidentally, or being taken without permission (stolen).
- Follow the naloxone package instructions that come with the product and check the expiration date,³ so it can be replaced before it expires.
- Dispose of opioids properly.
- Have naloxone readily available if needed in an emergency.

Remember, naloxone is a safe medicine.³ By carrying naloxone, even when you are away from home, you can save a life.⁷ Let others you are with know you have it, where it is, and how to use it.



Where can you get Naloxone?

In most states, people who are at risk or who know someone at risk for opioid overdose can go to a pharmacy or community-based program, to get trained to use naloxone, and receive naloxone by “standing order.”⁴ For example: *“I think I need naloxone because I’m worried my [friend/family member] could overdose, or my doctor recommended that I get it.”³*

Currently, all 50 states and the District of Columbia allow pharmacists to dispense naloxone without a prescription.⁶



For more information and resources on naloxone, visit [cdc.gov/opioids/naloxone](https://www.cdc.gov/opioids/naloxone), and for drug overdose prevention, visit [cdc.gov/drugoverdose](https://www.cdc.gov/drugoverdose).

¹<https://www.drugabuse.gov/drug-topics/opioids/opioid-overdose-reversal-naloxone-narcan-evzio>

²<https://www.fda.gov/drugs/drug-safety-and-availability/fda-recommends-health-care-professionals-discuss-naloxone-all-patients-when-prescribing-opioid-pain>

³<https://www.drugabuse.gov/publications/drugfacts/naloxone>

⁴<https://www.hhs.gov/surgeongeneral/priorities/opioids-and-addiction/naloxone-advisory/index.html>

⁵<https://emergency.cdc.gov/han/2020/han00438.asp>

⁶<https://www.cdc.gov/mmwr/volumes/68/wr/mm6831e1.htm>

⁷https://www.medscape.com/viewarticle/919515?src=par_cdc_stm_mscpedt&f=1#vp_1

In Idaho, Narcan is also available from the Idaho Harm Reduction Project. Visit their website:

<https://www.idahoharmreductionproject.org/community-naloxone-distribution>



Naloxone Leave-Behind Initiative

General Public and First Responder Frequently Asked Questions (FAQs)

To supplement community naloxone distribution points, public safety-based naloxone leave-behind kits offer an opportunity to expand naloxone access for high-risk individuals and situations.

What is naloxone?

Naloxone (Narcan) is a medication that can reverse an overdose caused by opioids, including prescription pain medication, fentanyl or heroin. When administered during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing.

The duration of the naloxone's effect varies, but typically lasts between 30 and 60 minutes. After opioid receptors are no longer blocked by naloxone, the individual may resume overdosing. Depending on the situation, it may be necessary to administer naloxone multiple times. It is important to call 911, even if it appears the individual is no longer overdosing.

What laws protect me?

In Idaho, anyone can ask for a prescription for naloxone from a physician, physician's assistant, nurse practitioner or pharmacist. In a medical emergency like an overdose, individuals cannot administer naloxone to themselves. Naloxone does not need to be for your own use, which means members of the community, family members, friends, first responders, and bystanders can receive naloxone and administer or "leave-behind" naloxone to anyone else. Someone who administers naloxone to a person who appears to be experiencing an opioid overdose is legally protected by [Idaho's Naloxone Access Law](#) and [Idaho's Good Samaritan Law](#). Idaho's Naloxone Access Law was updated in July 2021, allowing for naloxone to be distributed via leave-behind programs for first responders. This bill permits entities, such as first responder organizations, to further distribute naloxone to the public and their employees.

Why should I leave-behind naloxone?

The aim of this program is to improve the safety and health outcomes for individuals that have experienced an overdose or are at risk for an overdose. Providing naloxone can save a life and serves as a tool to begin a risk reduction conversation on accessing care, services, and treatment.

Idaho's Naloxone Access Law allows public safety providers who have responded to an individual experiencing an opioid-related overdose, or someone they believe to be at risk of an overdose, to leave behind naloxone. This law also covers bystanders of an overdose, or who may be at risk for an overdose, to receive naloxone.

Public safety providers should provide brief instructions on how to recognize and respond to an overdose, including the administration of naloxone and calling 911.

Ada & Boise Counties

707 N. Armstrong Pl.
Boise, ID 83704
208-375-5211

Elmore County

520 E. 8th N.
Mountain Home, ID 83647
208-587-4407

Valley County

703 1st St.
McCall, ID 83638
208-634-7194

Where can I get naloxone?

Individuals with Idaho Medicaid can get naloxone for free at the pharmacy. Family or friends may request naloxone for someone with Medicaid using their Medicaid ID number and name.

- For a list of pharmacies in your area, visit [CDH's Drug Overdose Prevention Program](#) or [DHW's service and resource list](#).
- Idaho Harm Reduction Project (IHRP) also distributes naloxone to individuals. If interested, please contact IHRP, idahoharmreductionproject@gmail.com or phone 208-991-4574.
- The Idaho Department of Health and Welfare (DHW) coordinates naloxone distribution to organizations in Idaho. DHW's naloxone request form can be found at <https://app.keysurvey.com/f/41542395/173d/>.

Who should request naloxone to leave behind?

- Probation and parole officers;
- Law enforcement agencies (including municipal police, sheriff's offices, campus police, campus security, school resource officers, and park rangers);
- Firefighters (including both volunteer and paid firefighters);
- Emergency medical services, advanced life support, basic life support, and emergency medical technicians;
- Other first responder organizations serving individuals and communities impacted by substance use that are organized and trained to respond to overdose emergencies and administer intranasal naloxone;
- Organizations that provide services and supports to people who use drugs (PWUD) including people who inject drugs (PWID);
- Individuals with substance use disorder (SUD) and/or opioid use disorder (OUD) leaving correctional facilities;
- Individuals with SUD/OUD currently engaged in treatment and/or in recovery; and/or
- Individuals receiving care in emergency departments for an overdose.

Does my organization need to complete training to request or receive naloxone?

Although not necessary in order to obtain the medication, it is recommended that organizations and individuals receive training to recognize the signs and symptoms of an overdose and to learn how to properly administer naloxone.

Questions?

Contact Central District Health's Drug Overdose Prevention Program Coordinator, Courtney Boyce at cboyce@cdh.idaho.gov or 208-327-8621. In addition to offering technical assistance for leave-behind naloxone, CDH can provide training and education about overdose prevention, overdose rescue supplies, and more.