How to Use NARCAN (Naloxone) Nasal Spray

What is NARCAN (naloxone)?

NARCAN (naloxone) is a medicine that can reverse the effects of taking too much of an opioid drug, such as hydrocodone, oxycodone, morphine, heroin, or fentanyl.

NARCAN is not a substitute for medical care. Always seek medical help, even if you use NARCAN.

How do I know if someone has overdosed on opioids?

- The person may be unresponsive, unconscious, or unable to stay awake.
- Their breathing may be very slow (a breath every 10 seconds or longer).
- Their lips or fingernails may have turned blue, gray, or white.
- They may be snoring or making gurgling sounds.
- Their pupils (the dark hole in the middle of their eyes) may be very tiny.

What do I do if I think someone has overdosed?

1. Shake the person, shout in their ear, or grind your knuckle into their breastbone to see if you can wake them.

2. Call 9-1-1.

3. Give the person a dose of NARCAN:

- Lay the person on their back.
- Peel back the package to remove the device. Hold the device with your thumb on the bottom of the plunger and 2 fingers on the nozzle.
- Support the person's neck and allow the head to tilt back before giving the medicine.
- Place and hold the tip of the nozzle in one of the nostrils until your fingers touch the bottom of the person's nose.
- Press the plunger firmly to release the dose into the person's nose.

4. If the person is not breathing after getting the medicine, begin CPR. If you are not trained in CPR, push firmly and rapidly with both hands, one on top of the other, in the middle of the chest (about 2 times a second).

5. If the person doesn't respond in 2 minutes, get a new device and give a 2nd dose of NARCAN in the other nostril and continue CPR.

6. When the person is breathing again, move them onto their side.

7. If symptoms return, give a dose every few minutes and watch closely until medical help arrives.

The person may have pain, seizures, or other withdrawal symptoms after being given NARCAN, but do NOT give them more opioids.

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