

What is an opioid?

Opioids are a group of drugs that includes prescription pain medications such as morphine, methadone, codeine, hydrocodone, hydromorphone, oxycodone, and buprenorphine. Vicodin®, Lortab®, Percocet®, OxyContin®, Dilaudid®, and Demerol® are common brand names of opioids. Heroin is also an opioid. Fentanyl is an opioid prescription medication that is often manufactured illegally and mixed with heroin or other street drugs.

Who is at risk of opioid overdose?

Anyone who uses high doses of opioid pain medication or uses opioids recreationally is at risk of overdose.

Other risk factors include:

- Using opioids in combination with other drugs such as anti-depressants, benzodiazepines (Xanax® or Valium®) or alcohol; like opioids, these drugs affect your ability to breathe
- Certain health conditions such as asthma, liver or kidney disease, heart disease, or HIV/AIDS
- Reduced tolerance caused by not having used opioids recently – for example, after release from jail or inpatient treatment
- Having overdosed in the past

What is Project DAWN?

Project DAWN is a network of Ohio-based drug overdose education and naloxone distribution programs. Project DAWN programs provide take-home naloxone kits to the public free of charge.

Participants receive training on:

- Identifying risk factors for opioid overdose
- Recognizing an overdose
- Calling emergency medical services
- Giving intranasal naloxone
- Monitoring the person until help arrives

Project DAWN is named in memory of Leslie Dawn Cooper, who struggled with substance use for years before dying of a witnessed opioid overdose on October 3, 2009.

For more information, please contact:



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Ohio Department
of Health



**PROJECT
DAWN**

Deaths Avoided With Naloxone

A community-based
drug overdose
education and
naloxone distribution
program

www.odh.ohio.gov/projectdawn

What is naloxone?

Naloxone, also known as Narcan®, is a medication that can block the effects of opioids and reverse an overdose.

Naloxone is very safe and cannot be abused. If you give naloxone to someone who is not experiencing an opioid overdose, it will not harm them. In Ohio, anyone can legally carry and administer naloxone.

People who are dependent on opioids may go into withdrawal when given naloxone. Withdrawal, though unpleasant, is not life-threatening. Naloxone does not reverse overdoses caused by alcohol, cocaine, methamphetamines, or other non-opioid drugs.

What does an overdose look like?

A person experiencing an overdose may have the following symptoms:

- Unresponsiveness
- Slow or shallow breaths (less than one breath every six seconds) or not breathing at all
- Choking, snoring, or gurgling sounds
- Blue, grey, or ashen lips and fingernails
- Pale or clammy face
- Slow, erratic, or absent pulse
- Vomiting
- Seizures

What do I do if someone is overdosing?

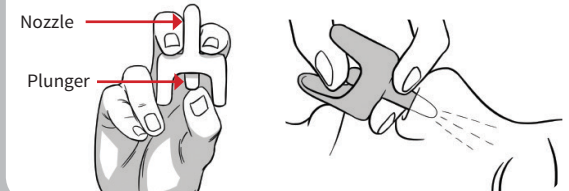
A person experiencing an overdose may die if they do not get help. If you suspect someone is overdosing:

- 1 Check to see if they can respond**
 - Shake them or call their name
 - Rub your knuckles hard in the middle of their chest ("sternal rub")
- 2 Call 9-1-1**
 - Give the address and location
 - If you don't want to mention drugs, say, "Someone has stopped breathing and is unresponsive."
- 3 Give rescue breaths**
 - Place the person on their back, head tilted back and chin up
 - Make sure there is nothing in their mouth and pinch their nose closed
 - Breathe two slow breaths into their lungs, making sure the chest rises
- 4 Give naloxone**
 - Follow the instructions for the type you have
 - If the person does not respond in 2-5 minutes, give another dose
- 5 Stay until help arrives**
 - Continue rescue breathing, one breath every 5 seconds
 - The person may start to overdose again when the naloxone wears off, so it is **very important** to call 911

How do I give naloxone?

Narcan® Nasal Spray

This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.



Nasal spray with assembly

- 1** Take off yellow caps.
- 2** Screw on white cone.
- 3** Take purple cap off capsule of naloxone.
- 4** Gently screw capsule of naloxone into barrel of syringe.
- 5** Insert white cone into nostril; **give a short, strong push** on end of capsule to spray naloxone into nose: **ONE HALF OF THE CAPSULE INTO EACH NOSTRIL.**
Push to spray.
- 6** If no reaction in 2-5 minutes, give second dose.

Image courtesy of San Francisco Department of Public Health

Be safe! Do not touch uncapped needles, avoid contact with drug paraphernalia, use gloves and a face shield if you have them, and wash your hands thoroughly after helping with an overdose.