

## Recognizing Overdose

- Blue or grayish lips and fingernails.
- Pale, clammy skin.
- Slow or shallow breathing.
- Gurgling or snoring sounds.
- Won't respond to yelling their name, shoulder shake, or a firm rub to middle of chest.

## Overdose is Most Common When

- Your tolerance is down due to not using for a while.
- When you mix substances like heroin, methadone, pills, and alcohol.
- When your supply source changes; it may be stronger than you are used to.
- When you have been sick, tired, or dehydrated.

## Preventing Overdose

- Eat, sleep, and stay hydrated.
- Know the risks of mixing substances.
- Know your supply and source.
- Go slow or do less.  
Remember... you can always do more, but you can't do less.
- Prepare your own drugs, know how strong your shot is and what's in it.
- Try not to use alone. Have a friend check on you.

### Free STI Screenings CommUNITY Mobile Care Clinic

**Tuesdays 1:30-3:30 PM**

Near HHSAA Child Support Services Office  
2600 Park Marina Drive, Redding

**Wednesdays 9:30 - 11:30 AM**

Near the South Redding Shasta County  
HHSAA Eligibility Office, Across the street,  
at Breslauer Way & Veterans Lane

**Wednesdays 1:30-3:30 PM**

Near the Anderson Regional Office  
2889 E. Center Street, Anderson



### Syringe Services Program includes:

- **1 for 1 Syringe Exchange** (50 max.)
- **Free Condoms & Lube**
- **Free STI, HIV, and Hep C Testing**
- **Narcan** (2 boxes max.)
- **Fentanyl Test Strips**
- **Hygiene Supplies**
- **Alcohol and Drug Counselors**

\*Availability of giveaways may vary.

**Monday and Thursday  
12 pm - 4pm**

HHSAA Public Health  
2650 Breslauer Way, Redding



**Shasta County  
Health & Human  
Services Agency**

# 5 ACTIONS

## To Save A Life

### **NARCAN**<sup>®</sup> (naloxone HCl) **NASAL SPRAY**

## QUICK START GUIDE

### Opioid Overdose Response Instructions

Use NARCAN<sup>®</sup> (naloxone hydrochloride) Nasal Spray for known or suspected opioid overdose in adults and children. Do not remove or test the NARCAN Nasal Spray until ready to use.

Important: For use in the nose only.

### 1. Check Responsiveness

### 2. Give Narcan

Place person on back, insert the dose into one nostril. If there is no response after 2-3 minutes, give the second dose in the other nostril.

### 3. Call 911

- You don't need to mention drugs on the call - stick to the basics.
- Give the address and location.
- Say "my friend is unconscious, and I can't wake them up" or "my friend isn't breathing."

### 4. Rescue Breathing

Make sure nothing is in their mouth. Tilt head back, lift chin, pinch nose. Give a breath every 5 seconds.

### 5. After Narcan

Place in recovery position. Stay with them until medical help arrives or the Narcan wears off to make sure the opioid reaction doesn't happen again.

### 1 Identify Opioid Overdose. Check for response.

**Ask** person if he or she is okay and shout name.

**Shake** shoulders and firmly rub the middle of their chest.

**Check for signs of an opioid overdose:**

- Will not wake up or respond to your voice or touch
- Breathing is very slow, irregular, or has stopped
- Center part of their eye is very small, sometimes called "pinpoint pupils"

**Lay** the person on their back to receive a dose of NARCAN Nasal Spray.



### 2 Give NARCAN Nasal Spray

**REMOVE NARCAN** Nasal Spray from the box.

- Peel back the tab with the circle to open the NARCAN Nasal Spray.

**Hold** the NARCAN Nasal Spray 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 either nostril.**

• Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into one nostril, until your fingers on either side of the nozzle are against the bottom of the person's nose.

**Press the plunger firmly** to give the dose of NARCAN Nasal Spray.

- Remove the NARCAN Nasal Spray from the nostril after giving the dose.



### 3 Call for emergency medical help. Evaluate and support

**Get emergency medical help right away.**

**Move the person on their side (recovery position)** after giving NARCAN Nasal Spray.

**Watch the person closely.**

**If the person does not respond** by waking up, to voice or touch, or breathing normally another dose may be given.

NARCAN Nasal Spray may be dosed every 2 to 3 minutes, if available.

**Repeat Step 2** using a new NARCAN Nasal Spray to give another dose in the other nostril. If additional NARCAN Nasal Sprays are available, repeat step 2 every 2 to 3 minutes until the person responds or emergency medical help is received.

