

Checklist for Narcan training

1. **Recognizing an overdose:** does not respond to shaking or sternum rub, bluish lips/fingers, pinpoint pupils, slow or no breathing. If the patient can speak, even slurred speech, they are not in overdose.
2. Opioids cause death by slowing the breathing down to zero, but the heart will continue to beat for a while.
3. If an overdose is identified, open package and spray entire contents of one container into nostril.
4. **Wait 2 or 3 minutes for a response.** This would be a good time to call 911 if it has not been done already.
5. If no response after 2 or 3 minutes, spray contents of second container into other nostril.
6. The Narcan reverses an overdose and puts them into withdrawal, so they may be unhappy about being revived.
7. The Narcan **wears off in 30-90 minutes**, and they can go into overdose again at that point, so it is very important that they receive medical treatment as soon as possible.
8. **Rescue breathing** can be done in addition to the Narcan, but especially if Narcan is not available, or Narcan is given but does not revive them. One breath every 5 seconds.
9. If it is not possible to get them to a hospital, remain with them for 3 hours to make sure they do not go back into overdose.
10. If someone is unconscious for a reason other than an overdose, for example because of a heart attack, the Narcan will not hurt them. So if you are not sure why they are unconscious, it is safe to use the Narcan.
11. Narcan is very safe and will have no effect unless there are opioids in their system.
12. Narcan is safe to use on children. The dosage is the same. It has been used on dogs.
13. Fentanyl is a powerful opioid that is being added to many other drugs besides heroin, like methamphetamine and cocaine. Even if someone thinks they are using pure methamphetamine, they could unknowingly be using an opioid, and the Narcan will reverse the opioid.
14. Good Samaritan Law (AB 635) protects your rescue efforts.
15. Bring back your empty to exchange for a new kit.