

Save Lives Oregon Learning Collaborative

All About Naloxone

A training guide for providers and peers

Updated: February 2025



Save Lives
OREGON

Salvando Vidas
OREGON

In partnership with:

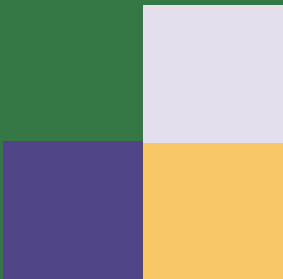
HIVAlliance

Max's Mission

 **Multnomah**
County
Health Department

 **OREGON**
HEALTH
AUTHORITY

Welcome!



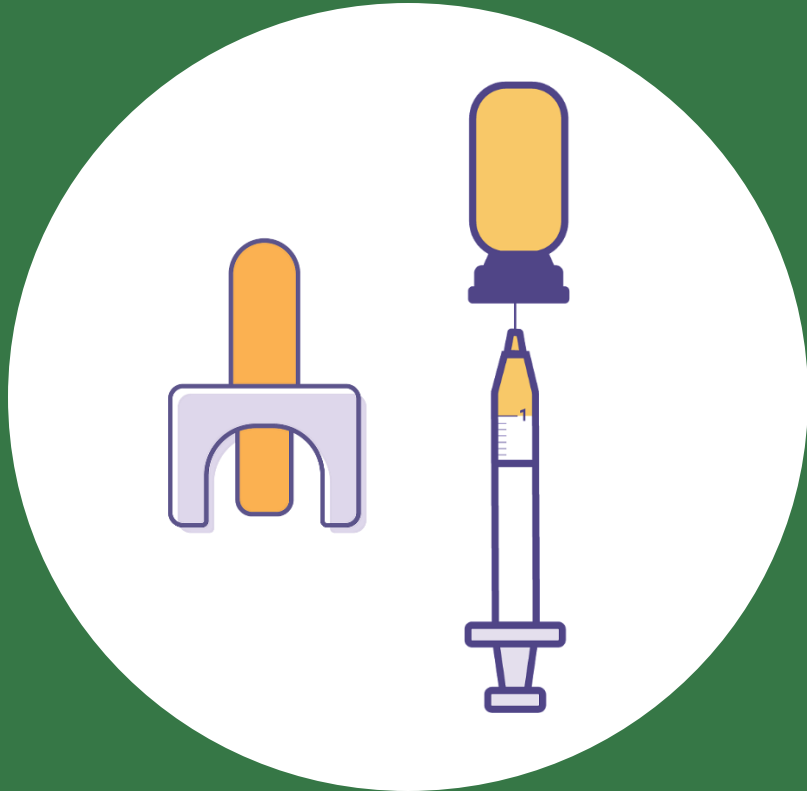
Agenda

- ✓ Facilitator introductions
- ✓ Background
- ✓ How naloxone works
- ✓ Overdose recognition, response steps and support
- ✓ Taking care of yourself
- ✓ Oregon's Good Samaritan law
- ✓ Naloxone kit examples
- ✓ Ways to access naloxone
- ✓ Questions – Put in chat and we will have time at the end to discuss

Taking care of each other

- In Oregon, as with much of the United States, overdose deaths are not spread evenly across demographic groups. Black and American Indian/Alaska Native individuals experience the highest rates of fatal overdose
- Synthetic opioids and stimulants continue to drive overdose increases across rural and urban communities
- Synthetic opioids, such as fentanyl, can cause breathing to slow to dangerous levels and/or stop rapidly
- The increased overdose risk of synthetic opioids makes community member overdose response vital to saving lives
- **People who use substances and who have naloxone save lives**



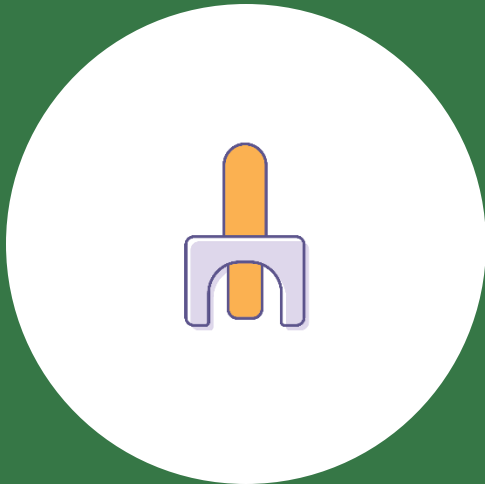
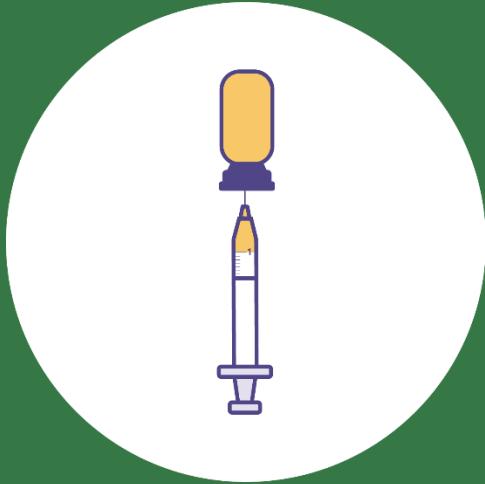


What is naloxone?

Naloxone is a medication that quickly reverses an opioid overdose. Naloxone blocks the effect of opioids in the body

Almost all opioid overdose deaths would be preventable IF naloxone is administered to the person in time

- **Naloxone blocks ALL opioids, including fentanyl!**
- **Naloxone restores breathing** to a person whose breathing has slowed or stopped to dangerous levels because of an opioid overdose or use of a combination of substances causing overdose.
- **Naloxone does not worsen substance use.** Multiple studies have shown that naloxone access is not associated with worsening substance use
- **Naloxone saves lives.** The most effective way to prevent fatal opioid overdoses is to distribute to people who use substances as this group is most likely to witness or experience an overdose



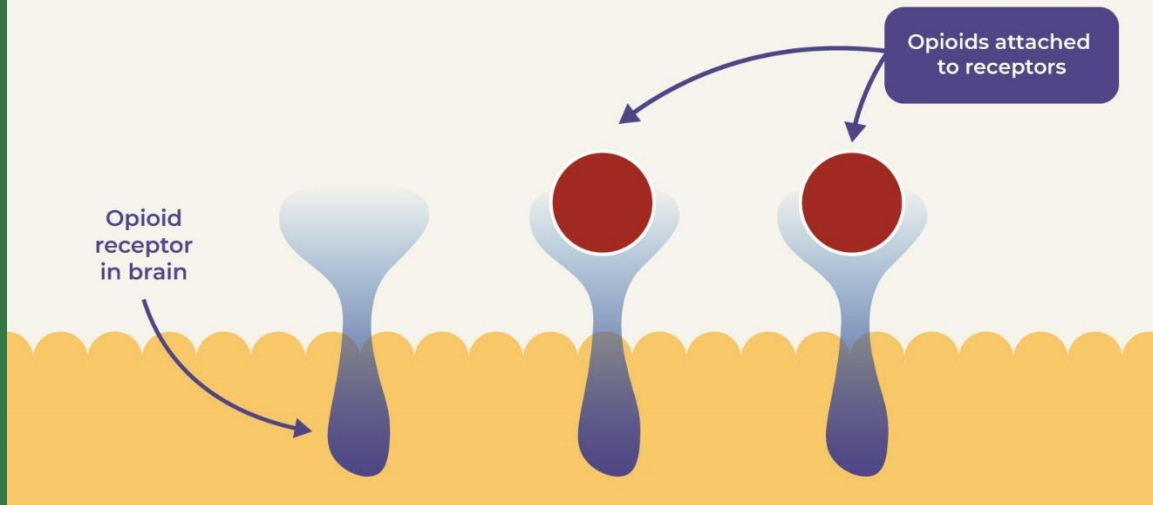
Naloxone commonly administered by community members

- **Types**
 - Injectable
 - Pre-filled nasal naloxone
- **Different brands and strengths**
 - Agencies may distribute different types of naloxone
 - Community members may have different experiences or preferences
 - Recent studies have shown that high-dose (8 mg) pre-filled nasal naloxone given by non-EMS community responders **did not** increase overdose survival rates [The survival rates were the same]

The goal when
giving naloxone is
to **restore breathing**



Opioid



What is an opioid overdose?

- There are many opioid receptors in the body
- Opioids (prescription and illicit) fill the opioid receptors
- Some of the opioid receptors located in the brain slow down breathing
- If there are too many opioids, breathing can slow to dangerous levels and stop
- Without oxygen brain damage will occur

1 min

Brain cells begin
to die



3-5 min

Serious brain damage
can occur



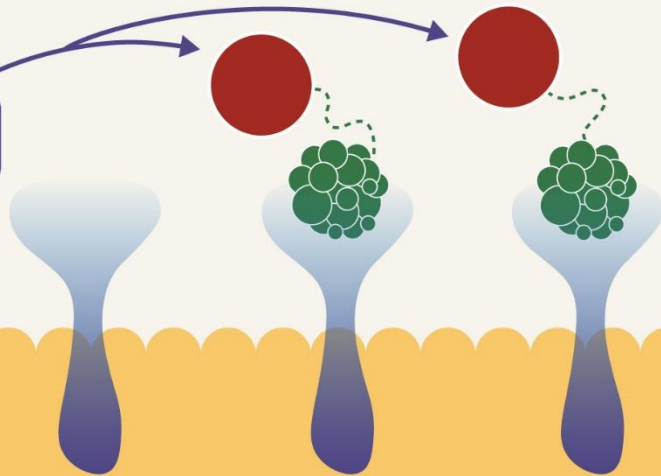
10 min

Overdose reversal
chances significantly
reduced.

Naloxone



Opioids knocked
free of receptors



How does naloxone work?

- **Opioid antagonist**
- Naloxone has a stronger affinity to the receptors than opioids
- Reversing effects can take 2-3 minutes
- Breathing returns
- Naloxone effect only lasts for 30-90 minutes
- ONLY works for the opioids
- **Does not have effect or harm if there are no opioids**
- **Does NOT reverse overdoses from other drugs like alcohol or benzodiazepines**
- Can help in overdoses with opioids and other drugs by reversing the effects the opioid

Overdose Response Steps



1. Know the signs of an overdose



2. Check for response



3. Call 911



4. Give ONE dose of naloxone



5. Start rescue breathing*



6. Put person in recovery position and wait for first responders

**If person has not started breathing on their own, it is CRITICAL to start breathing for them*



Step 1: Know the signs of an overdose

- Slow, shallow, or no breathing
- Little or no chest movement or long pauses between breaths.
- Snoring, gurgling or choking sounds
- Skin looks blue or gray
- Lips, fingernails or the inside of mouth looks blue or gray.
- Body limp
- Vomiting
- Pulse is slow, erratic or not there



Step 2: Check for response

- Before going into personal space, ASK the person if they are OK and touch foot-to-foot
- Check to see if the person will respond to yelling or stimulation
 - Rub your knuckles up and down the person's sternum (the flat chest bone)
- Check for breathing
 - Look: Is their chest moving? Are they fogging your phone screen?
 - Listen: Do you hear breathing?
 - Feel: Do you feel breath?



Step 3: Call 911

- Dial 911 and set the phone to speaker while you move onto next steps
- Tell the 911 operator that someone is not breathing



Step 4: Give one dose of naloxone

- PLACE tip of nasal spray in either nostril until your fingers touch the bottom of the nose
- PRESS the plunger firmly to give dose
- CHECK for BREATHING



Step 5: Start rescue breathing

- If person has not started breathing on their own, it is **CRITICAL** to start breathing for them
- Check airway, tilt forehead back, lift chin, pinch nose and give normal breath every 5 seconds
- Recheck breathing and restart cycle if the person is still not breathing
- If not breathing after 3 minutes, give a second dose of naloxone



Step 6: Put in recovery position and wait for first responders

- Roll the person over slightly onto their side, bend the top knee and place outside hand under their head
- When responders arrive, tell them that naloxone has been given



What to do when someone comes out of an overdose

- **The goal of giving naloxone is to restore breathing**
- Person may be experiencing some level of withdrawal
- There are few different reactions that you might see
 - Most commonly person will seem groggy like they are waking up from deep sleep
 - Person may experience a sad emotional response and cry
 - Person may experience fight or flight state and may have an upset response
 - Person may be confused or disoriented
- **Your role:** Use a quiet, soothing and reassuring voice telling the person that they are OK



Caring for **yourself** after responding to an overdose

- Responding to help a person having a medical emergency like an overdose is stressful and can be traumatizing
- Taking care of yourself afterwards is very important
- Talk with someone who can listen deeply, attentively and without judgement
- Go easy on yourself
- Explore support groups
- Do something that is healthy for you



Oregon's Good Samaritan Law

If someone is experiencing an overdose and you seek medical help for them, **neither of you can be arrested or prosecuted** for:

1. Possessing drugs or drug paraphernalia
2. Being in a place where drugs are used
3. Violating probation or parole because of #1 or #2 above
4. Outstanding warrants related to #1 or #2 above

The Good Samaritan Law does not protect you from:

1. Crimes that are not listed above (Including drug dealing, weapons possession, DUI, and others)
2. Outstanding federal warrants, or warrants from other states besides Oregon

Naloxone Kit Examples



Instructional Guides & Resources for Kits

Save Lives Oregon offers instructional guides and resources for agencies to download, print and include in overdose response kits

savelivesoregon.org/toolkit



How to use naloxone nasal spray to reverse an opioid overdose

1 Know the signs of overdose

- Person is unconscious and cannot be woken
- Person is not breathing or breathing very slowly with little or no chest movement
- Person is not responsive to shouting
- Person is blue or grey

2 Check for response

- Shout loudly and ask, "Are you OK?"
- Do not shake or slap
- Check for breathing

3 Call 911

- Call 911 and stay with the person until you reach the hospital
- Tell operator that someone is not breathing

4 Give one dose of naloxone

- Place tip of nozzle in nostril and spray 2 times into each nostril
- Pinch the nostril that is not being used
- Check for breathing

5 Start rescue breathing

If person has not started breathing or is still not breathing, **CEPRIC** is a clear breathing device.

- Place device in person's mouth and give 10-12 breaths
- Check for breathing and repeat steps if the person is still not breathing
- If not breathing after 2 minutes, give 2nd dose of naloxone

6 Put in recovery position

- Roll the person onto their side, head lower than feet
- Place the top arm and place the bottom arm at the side
- When first responder arrives, tell them that naloxone has been given

Save Lives OREGON savelivesoregon.org



Take steps to lower your risk

Even if a fentanyl test result is negative, there is still a risk of an overdose. You can take these steps to lower that risk.

Test your drugs. Never use alone. Carry naloxone.

What is fentanyl?

Fentanyl is a strong opioid that increases the risk of an overdose. Fentanyl looks just like many other drugs. It may be mixed with drugs like heroin, cocaine, methamphetamine, benzoin, MDMA, or in pills that look like prescription pills.

Always have naloxone visible when using.

Use slow, use less.

Consider alternatives to injecting.

Take turns when you use drugs.

Take one dose every 2-3 hours if you get more from the same person or place.

Test your drugs every time for fentanyl.

Always test new drugs even if you get them from the same person or place.

Reach out if you use alone.

Call a friend or use a service like **Never Use Alone** or **911** or **The Room App**.

What should I know about fentanyl test strips?

Fentanyl test strips can be helpful, but they are NOT perfect tests.

- Depending on the drug you are testing and/or the method used to test, **false positives** can be common or reliable.
- False positives and false negatives can occur.
- Fentanyl test strips can tell you if your drug contains fentanyl but NOT how much OR how strong the effect of the drug will be or why.
- Just because a portion of your supply tested negative does not mean your entire supply is fentanyl free.

Save Lives OREGON savelivesoregon.org

Understanding Oregon's Good Samaritan Law

If someone is experiencing an overdose and you seek medical help for them, **neither of you can be arrested or prosecuted for:**

1. Possessing drugs or drug paraphernalia
2. Being in a place where drugs are used
3. Violating probation, parole, or outstanding Oregon warrants related to #1 or #2 above

The Good Samaritan Law **does not protect you from:**

- ✗ Other crimes not specified and other state or federal warrants

Please call 911

Save Lives OREGON

Understanding Oregon's Good Samaritan Law

If someone is experiencing an overdose and you seek medical help for them, **neither of you can be arrested or prosecuted for:**

1. Possessing drugs or drug paraphernalia
2. Being in a place where drugs are used
3. Violating probation, parole, or outstanding Oregon warrants related to #1 or #2 above

The Good Samaritan Law **does not protect you from:**

- ✗ Other crimes not specified and other state or federal warrants

Please call 911

Save Lives OREGON

Nasal Naloxone Kit Examples

Example kit from Max's Mission

- ✓ 1-Blue printed Max's Mission Naloxone Kit bag
- ✓ 1-CPR face shield
- ✓ 2-Doses 4 mg Naloxone nasal spray
- ✓ 1-English instruction card
- ✓ 1-Spanish instruction card
- ✓ 1-Good Samaritan card
- ✓ 1-Useful resources card

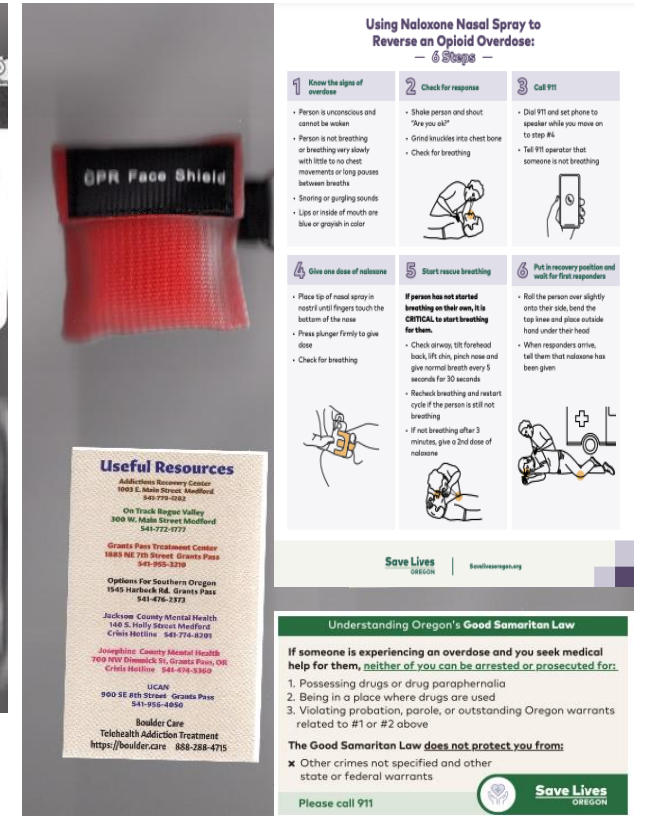


Photo from Max's Mission

Intramuscular (IM) Naloxone Kit Examples

Example kit from **Max's Mission**

- ✓ 1-Black printed Max's Mission Naloxone Kit bag
- ✓ 1-CPR face shield
- ✓ 2-Vials 0.4 mg naloxone
- ✓ 2-3ML/CC large gauge syringes
- ✓ 4 – Band-Aids
- ✓ 4 – Prep pads
- ✓ 1-Instruction card
- ✓ 1-Good Samaritan card
- ✓ 1-Useful resources card



Photo from Max's Mission

Overdose Response Boxes

Examples from HIV Alliance

Good for places that respond to client overdoses or serve clients who are at high risk of overdose.

Supplies are organized and in the same spot.

- ✓ IM naloxone vials
- ✓ IM syringes
- ✓ Nasal naloxone
- ✓ Mouth shield
- ✓ Gloves
- ✓ Stopwatch
- ✓ Oximeter
- ✓ Band-Aids
- ✓ Prep Pads
- ✓ Instructions



Photos from HIV Alliance

Community Overdose Response Boxes

Examples from **Max's Mission**

Max's Mission places "NALOX-BOXES" in locations throughout Jackson, Josephine and Klamath counties where naloxone is available 24/7

See website for list of locations or scan below to see where NALOX-BOXES are currently available:

www.maxsmission.org



Photos from Max's Mission



Nasal Naloxone Guides

How to use naloxone nasal spray to reverse an opioid overdose

Naloxone is a safe medicine.
Even if naloxone is given to someone who is not experiencing an overdose, it will not harm them.

You are protected.
Oregon law protects anyone who gives naloxone in a good faith effort to reverse an opioid overdose.



7/18/24 SaveLivesOregon.org

- 1 Know the signs of overdose**
 - Person is unconscious and cannot be woken
 - Person is not breathing or breathing very slowly with little to no chest movements or long pauses between breaths
 - Snoring or gurgling sounds
 - Lips or inside of mouth are blue or grayish in color
- 2 Check for response**
 - Shake person and shout, "Are you ok?"
 - Grind knuckles into chest bone
 - Check for breathing
- 3 Call 911**
 - Dial 911 and set phone to speaker while you move on to step #4
 - Tell operator that someone is not breathing
- 4 Give one dose of naloxone**
 - Place tip of nasal spray in nostril until fingers touch the bottom of the nose
 - Press plunger firmly to give dose
 - Check for breathing
- 5 Start rescue breathing**




If person has not started breathing on their own, it is CRITICAL to start breathing for them.

 - Check airway, tilt forehead back, lift chin, pinch nose and give normal breath every 5 seconds for 30 seconds
 - Recheck breathing and restart cycle if the person is still not breathing
 - If not breathing after 3 minutes, give a 2nd dose of naloxone
- 6 Put in recovery position**
 - Roll the person over slightly onto their side, bend the top knee and place outside hand under their head
 - When first responders arrive, tell them that naloxone has been given






Foldable pamphlet

Using Naloxone Nasal Spray to Reverse an Opioid Overdose: 6 Steps

- 1 Know the signs of overdose**
 - Person is unconscious and cannot be woken
 - Person is not breathing or breathing very slowly with little to no chest movements or long pauses between breaths
 - Snoring or gurgling sounds
 - Lips or inside of mouth are blue or grayish in color
- 2 Check for response**
 - Shake person and shout "Are you ok?"
 - Grind knuckles into chest bone
 - Check for breathing
- 3 Call 911**
 - Dial 911 and set phone to speaker while you move on to step #4
 - Tell 911 operator that someone is not breathing
- 4 Give one dose of naloxone**
 - Place tip of nasal spray in nostril until fingers touch the bottom of the nose
 - Press plunger firmly to give dose
 - Check for breathing
- 5 Start rescue breathing**

If person has not started breathing on their own, it is CRITICAL to start breathing for them.

 - Check airway, tilt forehead back, lift chin, pinch nose and give normal breath every 5 seconds for 30 seconds
 - Recheck breathing and restart cycle if the person is still not breathing
 - If not breathing after 3 minutes, give a 2nd dose of naloxone
- 6 Put in recovery position and wait for first responders**
 - Roll the person over slightly onto their side, bend the top knee and place outside hand under their head
 - When responders arrive, tell them that naloxone has been given



SaveLivesOregon.org



One-pager



IM Naloxone Guides

How to use naloxone intramuscular injection to reverse an opioid overdose

Naloxone is a safe medicine.
Even if naloxone is given to someone who is not experiencing an overdose, it will not harm them.

You are protected.
Oregon law protects anyone who gives naloxone in a good faith effort to reverse an opioid overdose.

1 Know the signs of overdose

- Person is unconscious and cannot be woken
- Person is not breathing or breathing very slowly with little to no chest movements or long pauses between breaths
- Snoring or gurgling sounds
- Lips or inside of mouth are blue or grayish in color

2 Check for response

- Shake person and shout, "Are you ok?"
- Grind knuckles into chest bone
- Check for breathing

3 Call 911

- Dial 911 and set phone to speaker while you move on to step #4
- Tell operator that someone is not breathing

4 Give one dose of naloxone

- Remove caps from vial and needle and with vial upside down, insert needle into vial
- Draw 1ml making sure syringe fills with liquid, not air
- Insert needle into large muscle like upper arm or thigh and press plunger to release dose
- Check for breathing

5 Start rescue breathing

If person has not started breathing on their own, it is CRITICAL to start breathing for them.

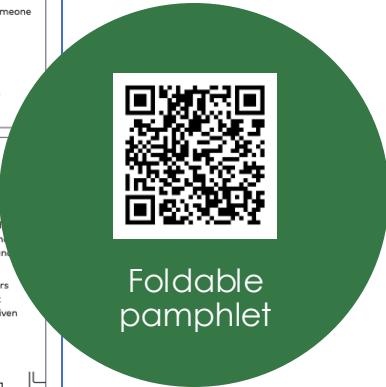
- Check airway, tilt forehead back, lift chin, pinch nose and give normal breath every 5 seconds for 30 seconds
- Recheck breathing and restart cycle if the person is still not breathing
- If not breathing after 3 minutes, give a 2nd dose of naloxone

6 Put in recovery position

- Roll the person over slightly onto their side, bend the top knee and place outside hand under their head
- When first responders arrive, tell them that naloxone has been given

Save Lives OREGON
SaveLivesOregon.org

7/28/24



Using Naloxone Intramuscular Injection to Reverse an Opioid Overdose: 6 Steps

1 Know the signs of overdose

- Person is unconscious and cannot be woken
- Person is not breathing or breathing very slowly with little to no chest movements or long pauses between breaths
- Snoring or gurgling sounds
- Lips or inside of mouth are blue or grayish in color

2 Check for response

- Shake person and shout "Are you ok?"
- Grind knuckles into chest bone
- Check for breathing

3 Call 911

- Dial 911 and set phone to speaker while you move on to step #4
- Tell 911 operator that someone is not breathing

4 Give one dose of naloxone

- Remove cap from vial and needle and with vial upside down, insert needle into vial
- Draw 1ml making sure syringe fills with liquid, not air
- Insert needle into large muscle like upper arm or thigh and press plunger to release dose
- Check for breathing

5 Start rescue breathing

If person has not started breathing on their own, it is CRITICAL to start breathing for them.

- Check airway, tilt forehead back, lift chin, pinch nose and give normal breath every 5 seconds for 30 seconds
- Recheck breathing and restart cycle if the person is still not breathing
- If not breathing after 3 minutes, give a 2nd dose of naloxone

6 Put in recovery position and wait for first responders

- Roll the person over slightly onto their side, bend the top knee and place outside hand under their head
- When responders arrive, tell them that naloxone has been given

Save Lives OREGON
SaveLivesOregon.org





Oregon Good Samaritan Law Wallet Cards



Understanding Oregon's Good Samaritan Law

If someone is experiencing an overdose and you seek medical help for them, neither of you can be arrested or prosecuted for:

1. Possessing drugs or drug paraphernalia
2. Being in a place where drugs are used
3. Violating probation, parole, or outstanding Oregon warrants related to #1 or #2 above

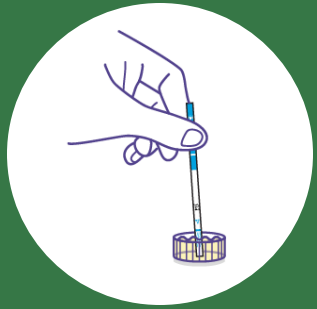
The Good Samaritan Law does not protect you from:

- ✘ Other crimes not specified and other state or federal warrants

Please call 911



Save Lives
OREGON



BTNX Fentanyl Test Strip Guide + Steps to Reduce Risk Pamphlet

How to test your drugs for fentanyl

with BTNX Rapid Response™ test strips

It is most accurate to test everything you intend to consume.

After testing, you can either drink the mixture, snort it, or wait for the water to evaporate to use. You can also test a sample, but fentanyl isn't always mixed evenly into drugs.

1 Prepare drugs

Powder, Crystal, Pills
Crush up and mix well. Measure out 10 mg of powder into a small baggie or container like a water bottle cap.

10 mg = the size of a grain of rice or 1 micro scoop

Injection
Prepare shot in an unused cooker; set aside. Use cooker with residue.

Whole supply test
Calculate entire supply weight. Crush up & mix well.

2 Dip strip for 15 seconds

Hold strip's dark blue end. Dip other end into mixture for 15 seconds. Don't dip past the wavy blue lines.

3 Add water

Add about 5 ml/cc of water to baggie, container, or cooker. Mix well.

5 ml/cc water = 1 plastic bottle cap or teaspoon

4 Wait 5 minutes

Lay the test strip down on a flat surface. Wait 5 minutes to read result.

5 Read result

Just because a portion of your supply tested negative does not mean your entire supply is fentanyl free.

1 red line = POSITIVE for fentanyl
Fentanyl may be present in the drugs.

2 red lines = NEGATIVE for fentanyl*
Look closely for a second line; it can be faint!

If there is only a red line on the left or no red lines appear, the test is invalid. Redo with a new strip.

Save Lives OREGON
SaveLivesOregon.org

3/08/24

Take steps to lower your risk

Even if a fentanyl test result is negative, there is still a risk of an overdose. You can take these steps to lower that risk.

Test your drugs. Never use alone. Carry naloxone.

What is fentanyl?

Fentanyl is a strong synthetic opioid that increases the risk of an overdose.

Powdered fentanyl looks just like many other drugs. It may be mixed with drugs like heroin, cocaine, methamphetamine, ketamine, MDMA, or in fake pills that look like prescription pills.

Always have naloxone visible when using

Overdoses can happen quickly. Space out doses.

Use slow, use less

Overdoses can happen quickly. Space out doses.

Consider alternatives to injecting

Snorting or smoking carries a reduced overdose risk compared to injecting.

Take turns when you use drugs

Make sure one person is alert and naloxone is visible.

Test your drugs every time for fentanyl

Always test your drugs even if you got them from the same person or same bag.

Reach out if you use alone

Call a friend or use a service like **Never Use Alone** 696-1996 or **The Bridge**.

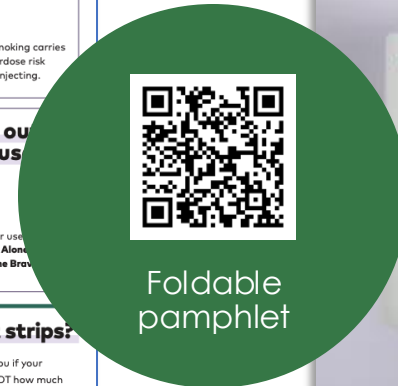
What should I know about fentanyl test strips?

Fentanyl test strips can be helpful, but they are NOT perfect tools.

- Depending on the drugs you are testing and/or the method used to test, **your results may not be correct or reliable.**
- False positives and false negatives can occur.
- Fentanyl test strips can tell you if your drugs contain fentanyl but NOT how much OR how strong the effect of the drugs will be on you.
- Just because a portion of your supply tested negative does not mean your entire supply is fentanyl free.

Save Lives OREGON
SaveLivesOregon.org

3/08/24

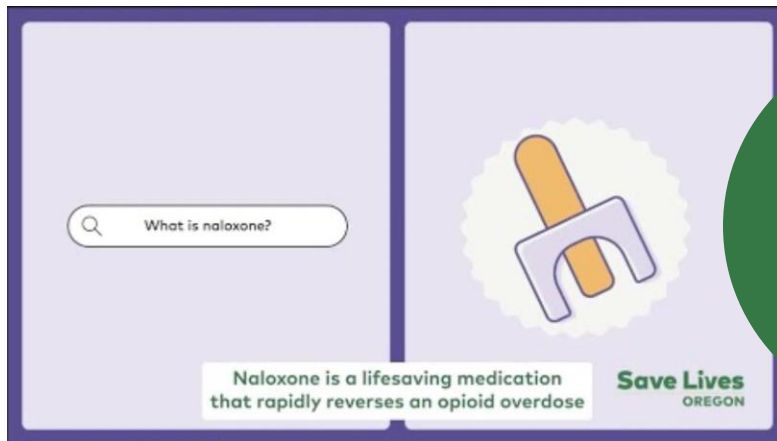




Nasal Naloxone Video Instructions

Community-facing videos to teach the public about the importance of naloxone

Help by sharing the videos on your social media channels, adding them to your website or sharing in your newsletters!



English

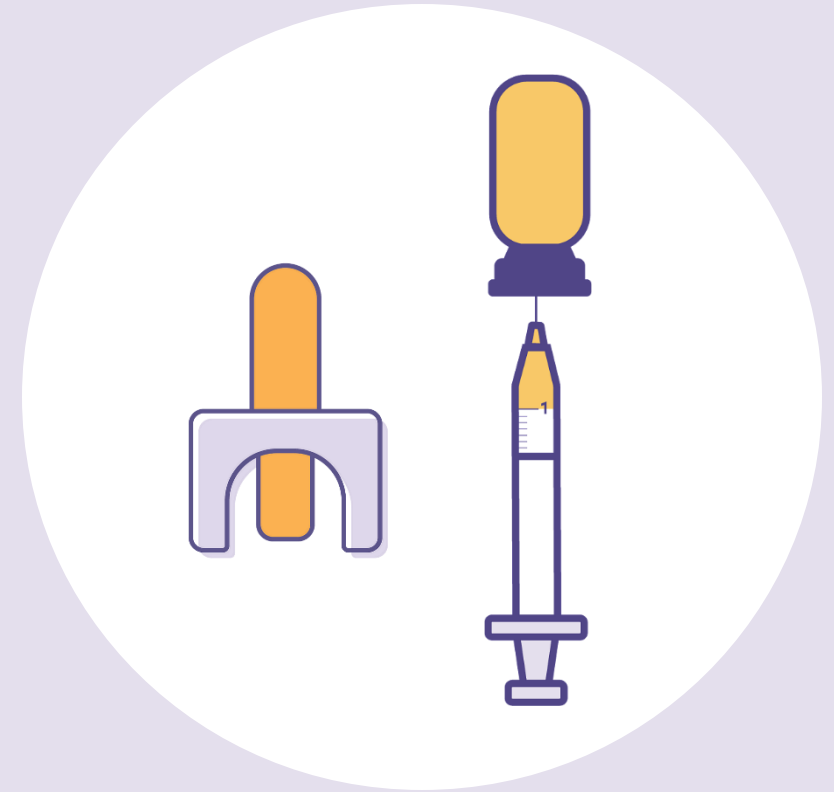


Spanish

https://bit.ly/slo_naloxone

https://bit.ly/SVO_naloxona

Ways to Access Naloxone



Ways to Access Naloxone:



Save Lives Oregon Harm Reduction Clearinghouse

State of Oregon supplied naloxone. Eligible entities can apply and access a specified amount.

Eligible entities also qualify for their own MMCAP account

www.savelivesoregon.org



Pharmacy

Pharmacists can prescribe and dispense naloxone. Oregon has a statewide standing order. Insurance, including OHP, cover naloxone. VA Pharmacy covers naloxone.

[Oregon's Statewide Standing Order to Dispense Naloxone HCl](#)

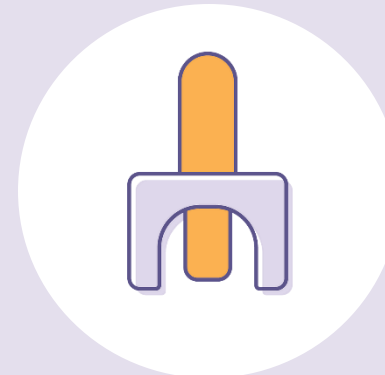


Remedy Alliance for the People

Low-cost naloxone for eligible entities

Harm reduction and syringe service programs providing services directly to people who use drugs.

<https://remedyallianceftp.org/>



Direct from Manufacturer

Some manufacturers have public interest pricing for eligible entities.

Questions?



Thank you

Save Lives
OREGON

Salvando Vidas
OREGON

In partnership with:

HIVAlliance

Max's Mission

 **Multnomah**
County
Health Department

 **OREGON**
HEALTH
AUTHORITY