### NALOXONE NASAL SPRAY TRAINING CHECKLIST

#### RESPONDING TO AN OPIOID OVERDOSE

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
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| **UNRESPONSIVE** | - **Stimulate** with noise (shout, use their name)  
- **Touch** (sternal rub), remember, tell the person what you are doing before you touch them |
| **CALL 911** | - Put the person in the recovery position if you have to leave them alone  
- Give address and if possible **send someone to meet paramedics** at the door |
| **CLEAR AIRWAY & VENTILATE** | - Clear airway (removing anything from their mouth), tilt head, lift chin  
- Pinch nose and give 2 breaths  
- Continue **1 breath every 5 seconds until the person is breathing again** |
| **GIVE 1ST DOSE** | - Tilt head back supporting neck with hand  
- Gently insert nozzle tip completely into one nostril and press plunger firmly to release the dose  
- Do **not** prime nasal spray |
| **EVALUATE & GIVE 2ND DOSE IF NEEDED** | - **Continue to give breaths** until they respond (the person is breathing again on their own)  
- **After 5 minutes, if the person is still unresponsive, give them a 2nd dose of naloxone**  
- **Continue breaths** until the person is breathing on their own, or until paramedics arrive |
| **AFTERCARE** | - Naloxone wears off in 20-90 minutes  
- The person will not remember overdosing (explain what happened)  
- Monitor the person for at least 2 hours and do **NOT** allow them to take more opioids (they could overdose again) |
| **REFILL** | - Go to your nearest pharmacy to buy more naloxone |