



## How to Administer Naloxone (NARCAN)

### PURPOSE:

The purpose of this Training Bulletin is to provide instruction to Port Police Security Officers on the proper administration of Naloxone to reverse an overdose from opioids, including heroin or fentanyl.

This training requires the learner to watch a video and read the materials attached to this bulletin.



nasal spray

### INTRODUCTION:

Naloxone is a life-saving medication that if used in time, can reverse an opioid overdose, including overdose related to heroin, fentanyl, or prescription opioid medications.

Naloxone is most commonly given in the form of a nasal spray (spray in the nose). It is safe and easy to use, works almost immediately, and is not addictive. Naloxone has very few negative effects and has no effect if opioids are not in a person's system.

NARCAN is the brand name of the Naloxone used by Port Police.

NARCAN is an easy-to-use nasal spray that is small and easily carried.

Naloxone quickly reverses an overdose by blocking the effects of opioids. It can restore normal breathing within 2 to 3 minutes in a person whose breath has slowed, or even stopped, as a result of opioid overdose. Naloxone is given by administering one dose of naloxone and waiting 2-3 minutes to see if normal breathing returns before giving a second dose. Giving more than one dose of naloxone may not be necessary. Naloxone won't harm someone if they're overdosing on drugs other than opioids, so it's always best to use it if you think someone is overdosing.

If you give someone naloxone, continue first aid, including CPR or rescue breathing if necessary and stay with the victim until emergency help arrives.

### SAFETY AND RESPONSE CONSIDERATIONS:

Naloxone should only be carried by Port Police Security Officers who have successfully completed CPR and First Aid Training as well as training on radio procedures for summoning medical assistance to the scene of an emergency.

As with other calls for service, first make sure the scene is safe for you to perform first aid and use your radio to request Port Police Officers and Los Angeles Fire Department to respond to the medical emergency.

The Good Samaritan laws contained in the California Health and Safety Code provide liability protection to Port Police Security Officers for administering Naloxone consistent with their training.

**RESOURCES:**

1. VIDEO: "Administering Naloxone" instructional video by the California Department of Public Health: <https://www.youtube.com/watch?v=nurz9qPGKws>
2. NARCAN Quick Start Guide (attached)

If you have any further questions, please contact the Security Training Coordinator.

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

## QUICK START GUIDE Opioid Overdose Response Instructions

Use NARCAN Nasal Spray (naloxone hydrochloride) for known or suspected opioid overdose in adults and children.

**Important: For use in the nose only.**

Do not remove or test the NARCAN Nasal Spray until ready to use.

### 1 Identify Opioid Overdose and 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 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.



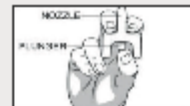
### 2 Give NARCAN Nasal Spray

**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.



**ADAPT PHARMA**

For more information about NARCAN Nasal Spray, go to [www.narcannasalspray.com](http://www.narcannasalspray.com), or call 1-844-4NARCAN (1-844-463-7228).

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