

NALOXONE (NARCAN®) RESOURCES

Naloxone (aka NARCAN®) is a medication that reverses an opioid overdose and can save the life of your friend, your loved one, or even yourself.

HOW TO USE NALOXONE

Also available is a step-by-step guide on how to administer naloxone:

1 Call 911.

If a person is not responding, has slow or stopped breathing, or has "pinpoint" pupils in their eyes, then they have probably overdosed (OD'd). **Call 911 right away. You will not get in trouble for helping someone who has overdosed.**



2 Give naloxone.

While waiting for help, give them **naloxone** by doing this:

- Lay the person on their back.
- Tilt their head back.
- Insert the nozzle into a nostril.
- Spray the entire dosage into the nostril.

3 Put in recovery position.

If they wake up, put them on their side, put their hand under their head, and pull their top knee out so they don't roll over.

If they don't wake up, give them **another dose of naloxone** if you have it. Also, if you know how, give them rescue breathing (also known as mouth-to-mouth).



4 Stay until help arrives.

Remember, you will not get in trouble for helping someone who has overdosed *even if drugs are on the scene.*



Order free copies of these cards in multiple languages (Spanish, French, Chinese, Korean, Vietnamese, and Amharic), and other naloxone marketing materials.

IN-DEPTH NALOXONE TRAINING

There are two options for in-depth naloxone training. Free training lasts approximately 45–60 minutes.

- 1 An online, self-paced training module is **available 24/7** through
- 2 Groups of five or larger can email naloxone@dc.gov to set up a group training with a DC Health-certified trainer. Group trainings can be held either virtually or in person.

FIND NALOXONE NEAR YOU

There are three options to find naloxone at no cost and without an ID or prescription.

- 1 Visit a participating pharmacy that carries free naloxone.
- 2 Text **LiveLongDC** to **888-811** to request a naloxone delivery within 3–5 business days.
- 3 Order naloxone to be shipped to your home in a discrete package.

KNOW YOUR RIGHTS

An overdose is a **medical emergency**. District law provides protections for those seeking healthcare in the event of an overdose, even if drugs, drug paraphernalia, or alcohol is present. District law also provides protections for individuals who are not medical professionals when they provide help when responding to an overdose.



LIVE LONG DC
is the District's effort to prevent overdose deaths.



LAW 1 **THE "GOOD SAMARITAN" LAW** means MPD officers **WILL NOT arrest you for any drugs or alcohol** on the scene when you've sought health care or administered naloxone to help someone who has overdosed.

There are two important laws that make it safe for you to call 9-1-1 if you, a friend, or a family member is overdosing. These laws protect you from being arrested:



LAW 2 **THE OPIOID OVERDOSE LAW** means that **having a kit** (needles, spoons, pipes, or other paraphernalia) **is NO LONGER illegal**. You will not get in trouble when MPD officers arrive to help someone who has overdosed.

Order free copies of these cards.

PARTNER WITH US TO DISTRIBUTE NALOXONE

If you work at a non-profit, faith-based organization, or health care organization that provides services to individuals with substance use disorder, you may be eligible to become a naloxone distributing partner. This will allow your organization to distribute naloxone as a preventative measure to individuals at high risk for experiencing an opioid overdose, as well as administer naloxone in emergency situations.

Narcan® brand naloxone is provided to partner organizations free of charge. Email naloxone@dc.gov to learn more.

FIND HELP NOW

For help being linked to mental health or substance use disorder treatment, call the DBH Access Helpline at **1(888)7-WE-HELP (1-888-793-4357)**. The Access Helpline is **available 24/7**.

If you are in recovery or know someone with a substance use disorder and you want to be connected to peer support services.