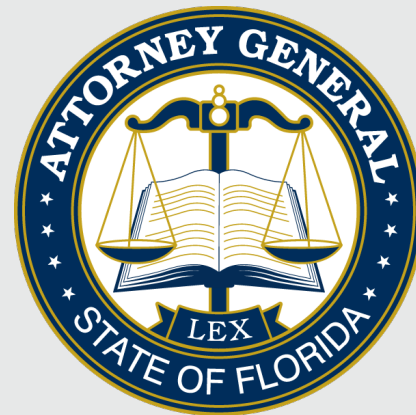




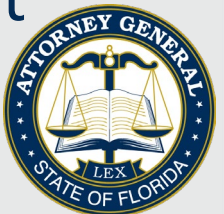
Helping Heroes Naloxone Training



Naloxone Training Topics



- What is an opioid?
- What is an overdose?
- Signs of an opioid overdose
- What is naloxone?
- How to use naloxone?
- Who has access to naloxone through Helping Heroes?
- How Helping Heroes can get naloxone?



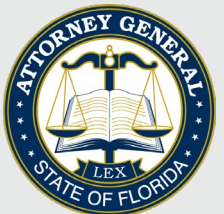


What is an opioid?



Opioids are substances that may include:

- **Prescription medications used to treat pain** (hydrocodone, hydromorphone, morphine, codeine, oxycodone, fentanyl)
- **Medications to assist substance use disorder treatments** (buprenorphine, methadone)
- **Illicit drugs** (heroin, illegally-created fentanyl)

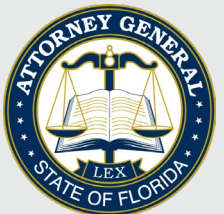




What is an overdose?



An overdose is a severe and sudden condition resulting from an **opioid** being swallowed, inhaled, injected or absorbed through the skin, intentionally or unintentionally, in an excessive amount that leads to possible death.





Stages of an opioid overdose

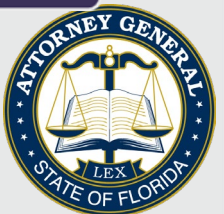
1. A person takes more opioids than their body can handle

2. Breathing slows as the opioid suppresses the urge to breathe

3. Breathing stops and carbon dioxide builds up in their body

4. Oxygen levels decrease, which leads to brain damage

5. Their heart stops





Signs of an opioid overdose

Recognizing an Opioid Overdose

A person experiencing an opioid overdose may exhibit the following signs or symptoms:



Clammy, Pale Skin



Blue Lips or Skin



Pinpoint Pupils



Slow Heart Beat



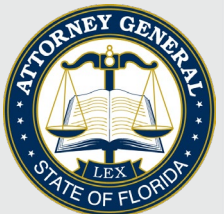
Slow, Irregular or Stopped Breathing



Unresponsive to Voice or Touch



Call 9-1-1 immediately.

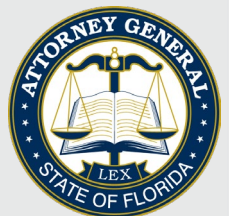




What is naloxone?



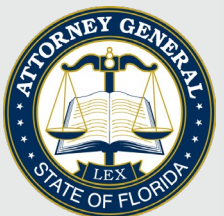
Naloxone is a safe and life-saving medication that can reverse an opioid overdose from all types of opioids - including heroin, fentanyl, and prescription medications - when given in time. It lasts 30-90 minutes, giving additional time to receive help and treatment.





What to do when you encounter someone suffering from an overdose?

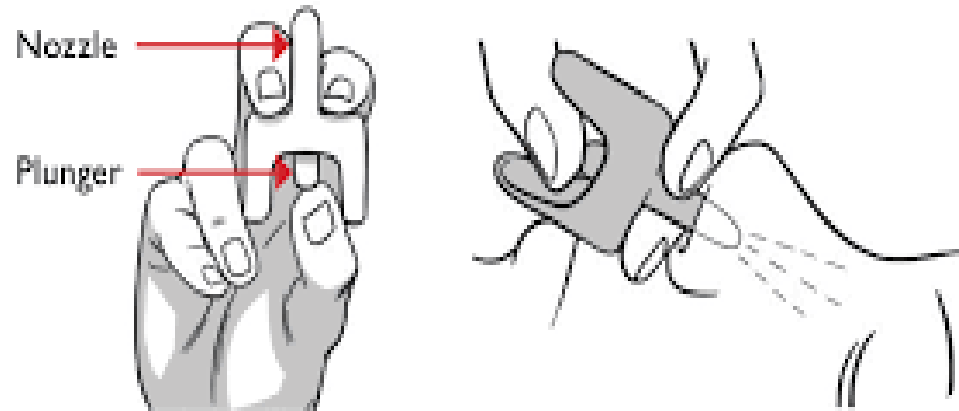
- Ask if the person is okay and shout name if you know or learn it.
- If someone is around, ask what happened.
- Shake shoulders and firmly rub the middle of their chest.
- Check for signs of opioid overdose, including:
 - Will not wake up or respond to your voice or touch.
 - Breathing is very slow, irregular, or has stopped.
 - Blue lips
 - Pinpoint pupils



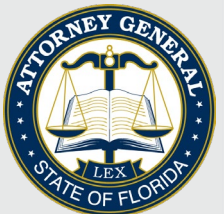


Naloxone administration

This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.

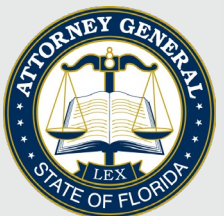


- Lay the person on their back
- Remove naloxone from the box and peel back the tab
- Hold the naloxone with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nostrils.
- Gently insert the tip of the nozzle into either nostril while tilting the head back and supporting the neck back.
- Insert the nozzle until your fingers on either side are against the person's nose.
- Press the plunger firmly.



What to do after you administer naloxone?

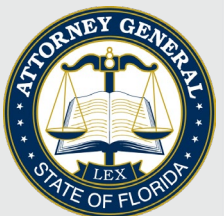
- Get emergency help right away.
- Move the person on their side to the recovery position.
- Watch the person closely.
- If the person does not respond by waking up or breathing normally, naloxone can be given again every 2 minutes.



Who can get naloxone through Helping Heroes?



- All Law Enforcement Officers;
- Paramedics;
- Firefighters; and
- EMTs.



Where can I get Naloxone through Helping Heroes?

- Up to five packs of Naloxone can be obtained at participating Walmart pharmacies.
- To find the closest Walmart click on or go to:

www.walmart.com/floridafirstresponders

