

## Exhibit A: Naloxone Educational Sheet for Participants

### What does Naloxone do?

- Reverses overdoses due to opioids (i.e. Heroin, OxyContin, Percocet, Vicodin, Methadone)

### What are the Risk Factors for Overdose?

- Presence and prevalence of fentanyl being mixed in many drugs unknowingly
- Mixing drugs
- Reduced tolerance (i.e. incarceration, hospitalization, detox, rehabilitation)
- Using alone

### How to Recognize an Overdose?

- Unconscious
- Shallow or no breathing; breathing is often noisy: snoring, gurgling.
- Turning blue
- Person not responsive - teach “sternal rub”

### What to do in case of an Overdose?

- **FIRST Call 911** and say “my friend is overdosing and not breathing”
- **THEN, Administer Naloxone**
  - Blocks heroin or opioid for 30-90 minutes, reversing an overdose and causing withdrawal, after which the heroin or opioid comes back
  - Takes 2-5 minutes to work
  - If no response give the second dose in 2-5 minutes
  - Stay with the person
  - If you have to leave the person, ensure they are placed in “recovery position”

### How to Administer Naloxone:

- Nasal Spray: Lay person on back with head tilted back
- Intramuscular Injection: Inject into the upper arm muscle or the outer thigh. In an emergency, it is safe to inject through clothing

### Resuscitation:

If the person is not breathing normally you may do one of the following:

1. If you are trained in CPR, you may do **both** rescue breathing and chest compressions
2. Chest compression alone. Rescue Breathing (mouth-to-mouth):
  - Face mask is included in naloxone kit
  - Tilt head back, pinch nose
  - Start with 2 quick breaths
  - If the chest doesn't rise, reposition head and check mouth for food, gum, etc. and try again.
  - Then give one breath every 5 seconds.
  - Give normal sized breaths so you don't blow up the stomach or get dizzy

### Proper Storage of Naloxone:

- Should be stored between 59 and 86 degrees Fahrenheit and kept away from direct sunlight

- Naloxone should not be stored in a vehicle due to temperature variances

### **Expiration Date:**

- Shelf life between 18 months and two years
- Expiration date can always be found on packaging

### **Is it Safe?**

- Yes, naloxone is an extremely safe medication that only has a noticeable effect in people with opiates in their systems
- Assuming no other medical conditions are present, the administration of naloxone will not cause harm to any individual
- Naloxone can (but does not always) cause withdrawal symptoms which may be uncomfortable, but are not life-threatening
- Withdrawal symptoms may include headache, body aches, weakness, diarrhea, nausea, fever, chills, good bumps, sneezing or runny nose in the absence of a cold
- Pregnant women can be safely given naloxone in limited doses

### **Is it Legal?**

- Yes, it is legal to carry and administer naloxone.
- According to the Ohio Revised Code 2925.61 – any family member, friend, or other individual who is in a position to assist an individual who is apparently experiencing or at risk of experiencing an opioid-related overdose, is not subject to criminal prosecution for a violation of practicing medicine without license or certificate.

### **Return for another kit, if:**

- You use your kit
- Near expiration date
- Accidentally left in unsafe storage conditions

### **Good Samaritan Law**

Ohio's new 911 Good Samaritan law provides immunity to people who call for medical assistance for someone overdosing on heroin, opioids, or other drugs and the person who overdose. A person who calls 911 to save a friend who is overdosing won't be arrested or punished for minor drug offenses under a new Ohio law.

**SAVE A LIFE CARRY NALOXONE**

Revised 2019