How to use Naloxone nasal spray (Narcan®)

Step 1. Lay the person on their back.

Step 2. Remove Narcan® from the box. Peel back the tab with the circle to open.

Step 3. Hold Narcan® with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.

Step 4. Tilt the head back and provide support under the neck. Insert the tip into one nostril until your fingers on either side of the nozzle are against the bottom of the nose.

Step 5. Press the plunger firmly to give dose of Narcan®.

Step 6. Remove the spray from nostril after giving dose.

Step 7. Ensure medical help is on the way. Move person on their side. If they are not waking up or breathing normally within 2-3 minutes, use the second nasal spray in the package. Use it in the other nostril.

Please note: if the person overdosed on a fentanyl related product, it may take 3-4 doses to wake the person up.

Ask your doctor for a Naloxone prescription, or Santa Clara County Residents can obtain free Naloxone kits at the following locations:

• Central Valley Clinic - tel: 408-885-5400 2425 Enborg Lane, San Jose ca 95128
• Alexian Health Clinic - tel: 408-272-6577 2101 Alexian Drive, Suite A San Jose ca 95112
• South county clinic - tel: 408.852.2420 90 Highland Ave, San Martin Ca 95046

A note about the California Good Samaritan law:

In order to encourage people at the scene of an overdose to call for help, the law provides limited immunity from arrest or prosecution for minor drug law violations for people who summon help at the scene of an overdose. Good Samaritan laws do not protect people from arrest for other offenses, such as selling or trafficking drugs, or driving while drugged. These policies protect only the caller and overdose victim from arrest and/or prosecution for simple drug possession, possession of paraphernalia, and/or being under the influence.

If you need help with confidential referral for treatment for substance use disorder, call:

Gateway 1-800-488-9919 or National help line 1-800-662-HELP (4357)
Naloxone nasal spray is used to temporarily reverse the effects of opioids. It has no effect on people who are not taking opioids.

Store Naloxone nasal spray at room temperature, keeping it in its box until ready to use. Protect it from light, and replace before the expiration date.

Important:
- It is for use in the nose only
- Do not remove or test naloxone nasal spray until ready to use
- Each naloxone nasal spray has 1 dose and cannot be reused
- You do not need to prime the naloxone nasal spray

The duration of naloxone is often shorter than the duration of the agent of overdose, for this reason, keep a close eye on the person until medical help arrives. You can continue to redose naloxone every 2-3 minutes if they continue to remain sleepy or have difficulty breathing.

Often, people may overdose on more than one drug or in combination with alcohol. Naloxone will only help reverse the effects of opioids.

There are few side effects of naloxone. The most common is sudden opioid withdrawal. Though uncomfortable, opioid withdrawal is not life threatening, but lack of breathing from opioid overdose is.

If you are trained, rescue breathing of CPR can be given while you wait for emergency medical help to arrive.

If treatment with Naloxone is successful, proceed to the Emergency Room by ambulance for observation. The risk of becoming unconscious/stopping breathing remains high. Naloxone is only a temporary measure to allow enough time to obtain emergency medical assistance.