

## Instructions for Administering Naloxone Nasal Spray

### Signs of an Opioid Overdose:

- Person does not respond when you call their name or shake them
- Breathing slows or stops
- Lips or fingernails turn blue or gray
- Skin is cold or clammy

### If you suspect an overdose:

- 1.) Call 911
- 2.) Give Naloxone
- 3.) Stay with the person
- 4.) Give rescue breaths (or do CPR if you know how)

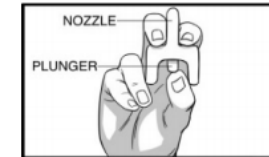
### How to get rid of unused opioids:

Permanent medication drop boxes are located at NHRMC: Outpatient Pharmacy, NHRMC ED North and Pender Memorial Hospital. Visit the website below or scan the QR code for additional locations in New Hanover and surrounding counties  
<https://www.nhrmc.org/medication-disposal>



### Giving Naloxone:

- 1.) Remove nasal spray from package
- 2.) Hold nasal spray with thumb on bottom of plunger and first and middle fingers on either side of nozzle
- 3.) Tilt the person's head back and support the back of their neck
- 4.) Gently insert the tip of the nasal spray into either nostril until your fingers are touching the bottom of their nose
- 5.) Press plunger firmly to give the naloxone dose
- 6.) If second nasal spray available, can give a second dose if person does not respond after 2-3 minutes



After receiving naloxone, the person may have signs of opioid withdrawal such as nausea, vomiting, muscle aches or agitation. These symptoms will go away as the naloxone wears off.

### How to get help if you need it:

**IF YOU NEED HELP** for substance abuse problems, talk with your primary care provider and call a local resource:

- **Coastal Horizons** – 910-790-0187
- **Trillium Health Resources** – 877-685-2415
- **Wilmington Treatment Center** – 910-758-2023
- **New Hanover Mobile Crisis Team** – 866-437-1821
- **Narcotics Anonymous** [www.na.org](http://www.na.org)
- **RHA Health Services** – 910-632-2191 or visit [www.rhbehavioralhealth.org](http://www.rhbehavioralhealth.org)
- **SAMHSA's National Helpline** – 1-800-662-HELP or visit <https://findtreatment.samhsa.gov/> to find a treatment center near you