

Instructions for Administering Naloxone

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:

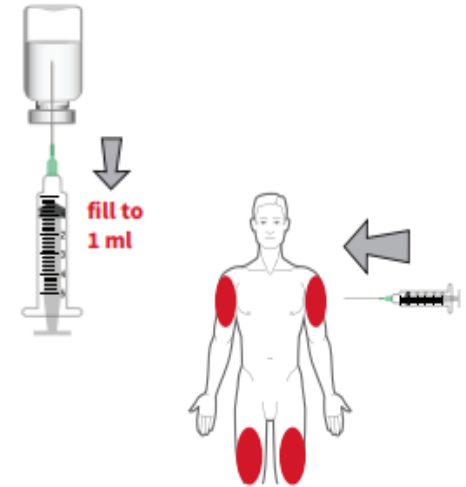
Permanent medication drop boxes are located at NHRMC: Outpatient Pharmacy, NHRMC ED North and Pender Memorial Hospital. Visit the website below or scan the QR code for additional locations in New Hanover and surrounding counties

<https://www.nhrmc.org/medication-disposal>



Giving Naloxone:

- 1.) Remove cap from naloxone vial and uncover needle
- 2.) Insert needle into vial and turn vial upside down
- 3.) Pull back needle plunger to draw up all medicine in the vial (1 mL)
- 4.) Inject into muscle on upper arm or thigh



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
- **RHA Health Services** – 910-632-2191 or visit www.rhbehavioralhealth.org
- **SAMHSA's National Helpline** – 1-800-662-HELP or visit <https://findtreatment.samhsa.gov/> to find a treatment center near you