

# Naloxone Overdose Response Plan

Naloxone, also known by the brand name Narcan, is a medicine used to rapidly reverse an opioid overdose from substances like heroin, fentanyl, oxycodone, hydrocodone, methadone, buprenorphine and morphine. It is widely available for no cost (details on reverse side). Below are guidelines for how to administer naloxone in an opioid overdose emergency.

## 1. Check if they are responsive

Give them a light shake and yell their name. Is there any response? Are they breathing? If you can't get a response, try a sternum rub (rub your knuckles on their chest bone for about 10 seconds). If they do not respond, tell the person, "I am going to give you Narcan."

## 2. Clear their airway

Make sure nothing is in their mouth. Tilt their head back and lift their chin, if possible. If you're familiar with rescue breathing, pinch the nose, make a seal over the mouth and give two rescue breaths. Note that mouth-to-mouth contact comes with some risk of disease transmission.

## 3. Give a first dose of naloxone

- **Nasal:** Administer one nasal spray up the nose.
- **IM naloxone (vial):** Inject one full vial into the muscle of the thigh, upper arm or buttock.
- **IM naloxone (autoinjector):** Follow instructions to inject into the outer muscle of the thigh.

## 4. Call 911

You don't need to mention drugs on the call; stick to the basics. Share your location and describe the person's symptoms. For example, "My friend is unconscious and not breathing. Their lips and fingernails are turning blue."

## 5. Give additional doses of naloxone

After giving the first dose of naloxone, set a timer for 2 minutes. If the person has not come back after 2 minutes, administer another dose of naloxone. Continue administering doses of naloxone every 2 minutes until the person begins breathing again or until emergency support arrives. You cannot administer too much naloxone. If you're familiar with rescue breathing, continue giving rescue breaths every 5 seconds.

## 6. Aftercare

**IMPORTANT:** Remind the person that naloxone will wear off in about 20 to 40 minutes. If they do not go to the hospital, stay with them for at least 60 to 90 minutes or until the naloxone wears off to make sure the overdose symptoms do not return. Make sure the person knows not to use opioids again for at least 3 hours as it comes with a much higher risk of slipping back into an overdose.

*Adapted with permission from and gratitude to [maineaccesspoints.org](http://maineaccesspoints.org) and [crescentcare.org](http://crescentcare.org)*

# Accessing Naloxone at Your Local Pharmacy

## What to Know

- Anyone can access naloxone at a Louisiana pharmacy without a prescription thanks to a standing order ([ldh.la.gov/NaloxoneSO](http://ldh.la.gov/NaloxoneSO)) issued in 2017 (La. R.S. 40:978.2 and LAC 46:LIII.2541).
- Some pharmacists aren't aware of this. Background information for them is included below.
- If your local pharmacists are not complying with the standing order, ask your primary care provider to write you a prescription for naloxone. You can also file a complaint online at [pharmacy.la.gov](http://pharmacy.la.gov).
- If you have Louisiana Medicaid, you can access two boxes (four doses) of Narcan every 30 days from pharmacies **FOR FREE**.
- For private insurance holders, the price of Narcan may vary. Check with your local pharmacy to determine the cost of accessing it over the counter.
- Harm reduction organizations in your community may distribute limited free naloxone. Syringe service programs (SSPs), regional Human Services Districts and Authorities, and other local public health organizations are good resources to inquire about naloxone access.
- Visit [louisianahealthhub.org/hrdhub](http://louisianahealthhub.org/hrdhub) and scroll down to the Geo-Location Map to find your nearest harm reduction distribution site, sponsored by the Office of Behavioral Health and run by the Office of Public Health.

## A Note for Pharmacists

*Copied from Louisiana Medicaid Provider Update – April 2021:*

In January of 2017, the State of Louisiana issued a “standing order” for naloxone. This allows for participating pharmacists to dispense naloxone to laypeople including caregivers, family and friends of an opioid user. This standing order also includes directions on how to administer naloxone to someone who has overdosed. The standing order, originally signed by Dr. Rebekah Gee who was the Secretary of Health at the time, is the result of legislation that made it legal for medical professionals to prescribe naloxone. The order allows anyone to get naloxone from a participating pharmacy in case they need to assist someone who is overdosing.

Those who receive naloxone will be provided education about how to recognize an overdose, how to store and administer the medication, and will be given information about emergency follow-up procedures. Any pharmacy licensed by the Louisiana Board of Pharmacy may rely on this standing order for the distribution or dispensing of naloxone or other opioid antagonist to any Louisiana resident. To comply with the record-keeping requirements found in the Board of Pharmacy rules and regulations, the pharmacist shall attach a copy of this standing order to the invoice, or other record of sale or distribution. Further, the pharmacist shall store these transaction documents with the other distribution records in the pharmacy.