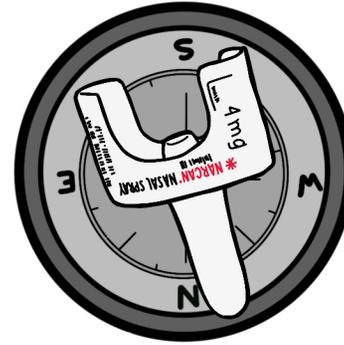




THIS ZINE WAS PRODUCED BY  
CENTRAL COAST OVERDOSE  
PREVENTION

CCOPD.ORG

# NARCAN NAVIGATOR



# NARCAN

A GUIDE TO USING AND  
UNDERSTANDING  
NALOXONE (NARCAN®)

## STAYING SAFE

### ALWAYS CARRY NARCAN

NARCAN IS SAFE TO USE EVEN IF YOU AREN'T SURE WHAT IS CAUSING THE OVERDOSE.

### PRACTICE HARM REDUCTION WHEN USING DRUGS

START LOW, GO SLOW, AND ALWAYS TEST YOUR DRUGS BEFORE YOU USE THEM.

### NEVER USE DRUGS ALONE

CALL THE NEVER USE ALONE HOTLINE AT (877) 696-1996 FOR SAFE, JUDGMENT-FREE SUPERVISION.

## RECOGNIZING AN OVERDOSE

### COMMON SIGNS OF AN OPIOID OVERDOSE INCLUDE:

- \* TROUBLE BREATHING
- \* VERY SLEEPY/UNRESPONSIVE
- \* SLOW HEART RATE
- \* LOW BLOOD PRESSURE
- \* PALE/BLUEISH SKIN

### ALWAYS GIVE NARCAN WHEN YOU SUSPECT AN OVERDOSE.

IT IS SAFER TO GIVE NARCAN TO SOMEONE WHO DOESN'T NEED IT THAN WITHOLDING IT FROM SOMEONE WHO DOES.

## WHAT IS NARCAN?

NALOXONE (A.K.A NARCAN) IS A MEDICINE THAT CAN REVERSE THE EFFECTS OF OVERDOSES FROM OPIOIDS LIKE OXYCODONE, PERCODET, HEROIN, AND FENTANYL.

NALOXONE COMES MOST COMMONLY AS A NASAL SPRAY AND IS AVAILABLE OVER THE COUNTER WITHOUT A PRESCRIPTION.

## (CONT.)



3. STAY WITH THE PERSON AND CALL 911 IMMEDIATELY.

A DISPATCHER CAN HELP YOU FIGURE OUT WHAT TO DO NEXT

## ALWAYS CALL 911

CALIFORNIA'S 911 GOOD SAMARITAN LAW (AB 472) PROTECTS PEOPLE WHO CALL FOR HELP DURING AN OVERDOSE. ALWAYS CALL 911 IF YOU SUSPECT SOMEONE IS OVERDOSING.

## HOW DOES IT WORK?

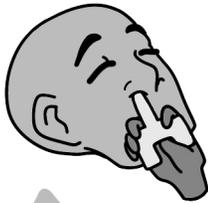
NALOXONE IS AN OPIOID ANTAGONIST, OR BLOCKER. IT GETS IN THE WAY OF OPIOID MOLECULES AND BLOCKS THEM FROM ENTERING YOUR BRAIN.

IT ONLY TAKES A FEW MINUTES TO START WORKING BUT THE EFFECTS ONLY LAST 30-90 MINUTES.

## HOW TO USE NARCAN

FROM THE NARCAN WEBSITE:

1. INSERT THE TIP OF THE NARCAN SPRAY NOZZLE INTO EITHER NOSTRIL.



2. SPRAY THE NARCAN BY FULLY PRESSING IN THE PLUNGER.



YOU MAY NEED TO ADMINISTER MORE THAN ONE DOSE OF NARCAN FOR IT TO WORK.

3.

4.

5.

6.

2.

1.