

## Proper Storage, Handling and Disposal of Narcan

- **Do NOT store in the car.**
- Do NOT freeze or keep in a place with a temperature over 80 degrees Fahrenheit.
- Store in a cool place away from bright light.
- Check expiration date, usually expires after 2 years.

## When and How to Get More Narcan

- Doorway NH provides Narcan.
- Many pharmacies provide it without a prescription.
- Call 211 for more information.



**SAVE A LIFE**

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Content courtesy of Elliot Health System.



**Caring for You and  
Your Loved Ones**

## Narcan/Naloxone Emergency Kit Information

Please Read Carefully... **You May Save a Life**

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## What is Naloxone (also known as Narcan)?

Naloxone/Narcan is a Food and Drug Administration-approved medication that is approved to reverse opioid overdose. Narcan knocks the opioids off the opioid receptors to reverse the overdose.

### Did You Know?



1 in 3 people know someone who has an opioid use disorder.



New Hampshire's largest percentage of maternal deaths in 2019 were caused by substance use overdose. The 2019 cases show 50% of maternal deaths were from overdose.



The effects of opioids (fentanyl, heroin, oxycodone, etc.) is slowed breathing, drowsiness—can lead to not breathing (overdose).

By offering this emergency kit to all patients, we hope to eliminate the stigma of opioid use disorders and reduce the mortality rate.

Annual Report on Maternal Mortality - NNEPQIN. 2021. <http://www.nnepqin.org/wp-content/uploads/2021/11/2021-Annual-New-Hampshire-Report-on-Maternal-Mortality-FINAL.pdf>

## Recognizing Signs and Symptoms of Opioid Overdose

- Will not wake up or respond to voice or touch
- Breathing is very slow, irregular or has stopped
- Pupils are very small, like “pin-points”

## When to Use Narcan

Use it immediately after confirming that the person you are caring for is not responding and may have overdosed. Use the steps below to confirm overdose:

- Ask the person if they are okay and shout their name.
- Shake them and firmly rub their chest to see if they respond.
- If they do not respond, give Narcan. It is safe even if you do not know what medication they took. It could save their life.
- Note: It is safe for pregnant people to get Narcan.

## How to Use Narcan

Read the attached instructions, scan the QR code with your smart phone, or visit [bit.ly/NarcanInstructions](https://bit.ly/NarcanInstructions).



## Possible Side Effects of Narcan

- Rapid withdrawal
- Pain
- Nausea
- Confusion
- Vomiting

