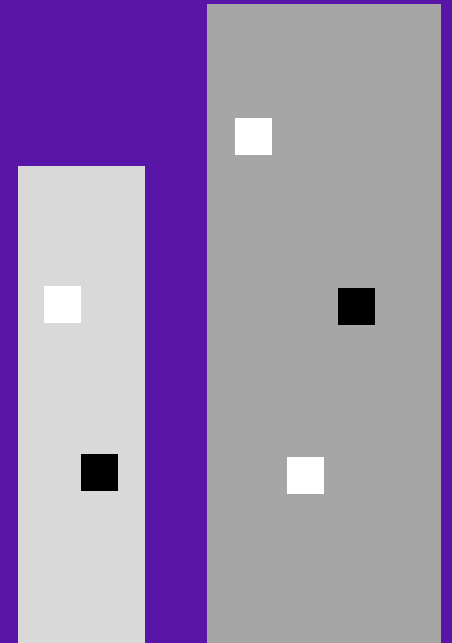


# Overdose Responder Training

New York City Department of Social Services (DSS)

Department of Homeless Services (DHS)

Human Resources Association (HRA)



# Overdose is the number one cause of death at DHS

It is likely you will witness  
an overdose

You can prevent an  
overdose death

Always carry naloxone

**Give Naloxone if a person is  
unresponsive or unable to  
wake**

# Naloxone (Narcan®)

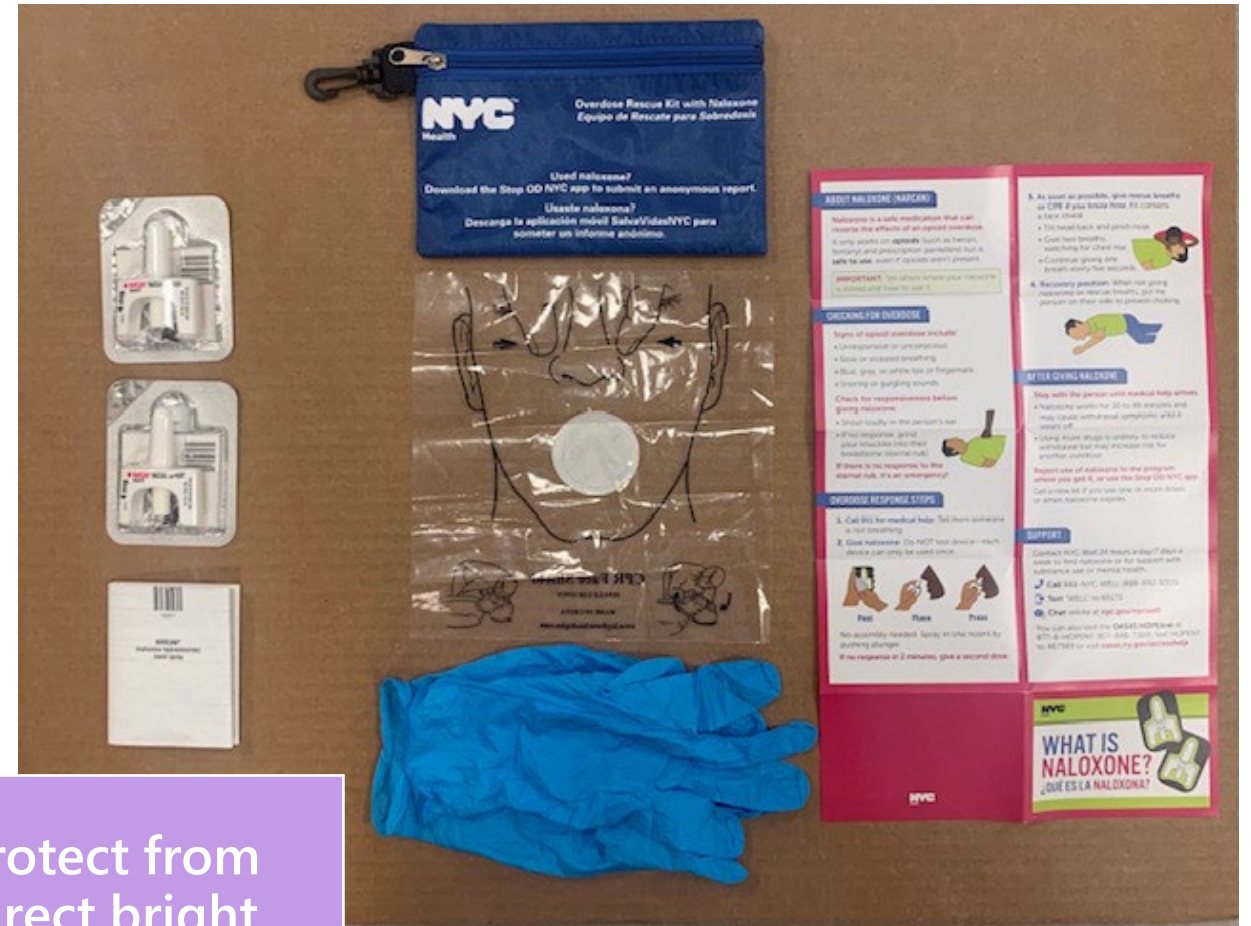
- **Medicine that can reverse an overdose caused by opioids**
  - **Only works to reverse opioid overdose**
  - **Will not harm a person** – even if they are not overdosing, have another health problem, or are taking other medications or drugs
  - **Non-addictive**

If someone is unresponsive or will not wake up, they may be overdosing, and Naloxone can save their life.



# What's in the DHS overdose rescue kit?

- 2 doses of Naloxone (Narcan®) Nasal Spray
- Narcan® instruction sheet
- A face shield for rescue breathing
- 2 non-latex gloves
- Educational material

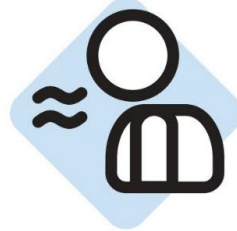


Store at room  
temperature  
(68° - 77°)

Do not leave in  
the heat or cold  
regularly or for  
hours at a time

Protect from  
direct bright  
light

# The signs of an opioid overdose



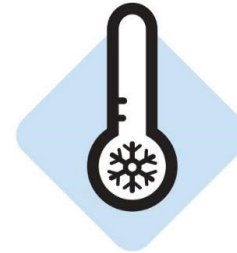
**Breathing**  
slow or absent



**Cannot be woken up**  
or not moving



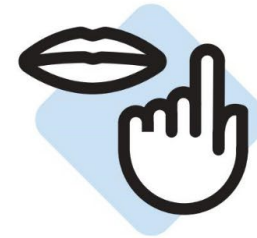
**Choking**  
or coughing, gurgling,  
or snoring sounds



**Cold**  
or clammy skin



**Dizziness**  
and disorientation



**Discolouration**  
of lips and nails



**Pupils**  
extremely small

**If a person is unresponsive  
or unable to wake in shelter,  
they may be overdosing!**

**It's impossible to know if a person is overdosing or  
has another health issue.**

**A person can overdose on medications, drugs, or a  
combination of medications, drugs and alcohol.**

# Take a breath!

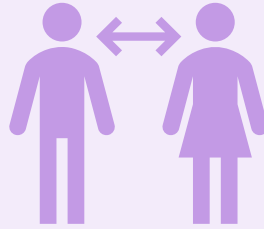


BREATHE WITH THE SHAPE

- It can be frightening and confusing to find a person unconscious or unable to wake!
  - Take a few deep breaths
  - Visualize the key steps

**What else can you do  
if you feel like you  
start to panic?**

# Universal precautions when responding to an overdose



Take care to avoid unnecessary contact



Wear gloves if needed to avoid contact with any bodily fluids



Wash hands or use alcohol-based hand sanitizer before and after responding

# Step 1: Check for responsiveness

## Try to wake them up

- Yell their name, say something to alert them ("I am going to call 911")

## Sternal Rub

- Grind your knuckles, applying some pressure, into their breastbone



## **If they become responsive**

- If the person responds to your voice or to the sternal rub:
  - Do not administer naloxone, but keep it nearby
  - Try to keep them alert
  - Watch them for several hours, do not leave them alone
- When in doubt, call 911 for medical help

# Step 2: Call for help! Shelter staff and 911

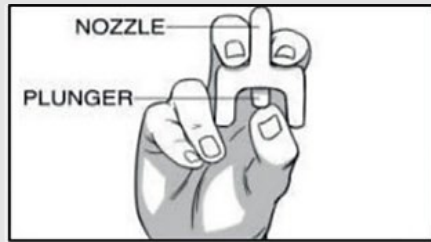
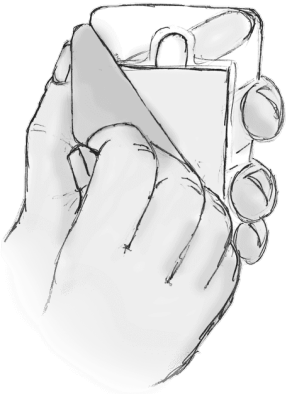
If the person remains unresponsive, notify shelter staff and call 911:

- Give dispatcher address and specific location on-site
- Be descriptive: tell the dispatcher what you see
  - *"Person is not breathing"*
  - *"Person is not turning blue/gray"*
  - *"Person is unconscious/non-responsive"*



- 911 Good Samaritan Law offers some legal protections in case of an overdose

# Step 3: Administer Naloxone (Narcan®)



## 1. Peel

- Peel back the package to remove the device.
- Hold the device with your thumb on the bottom of the plunger and 2 fingers on the nozzle.
- Do **NOT** press the plunger.

## 2. Place

Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the person's nose.

## 3. Press

Once the tip is in the nostril, press the plunger firmly to release the dose into the person's nose.

↻ If after **2 - 3 minutes**, the person does not wake up, give a second dose in the other nostril

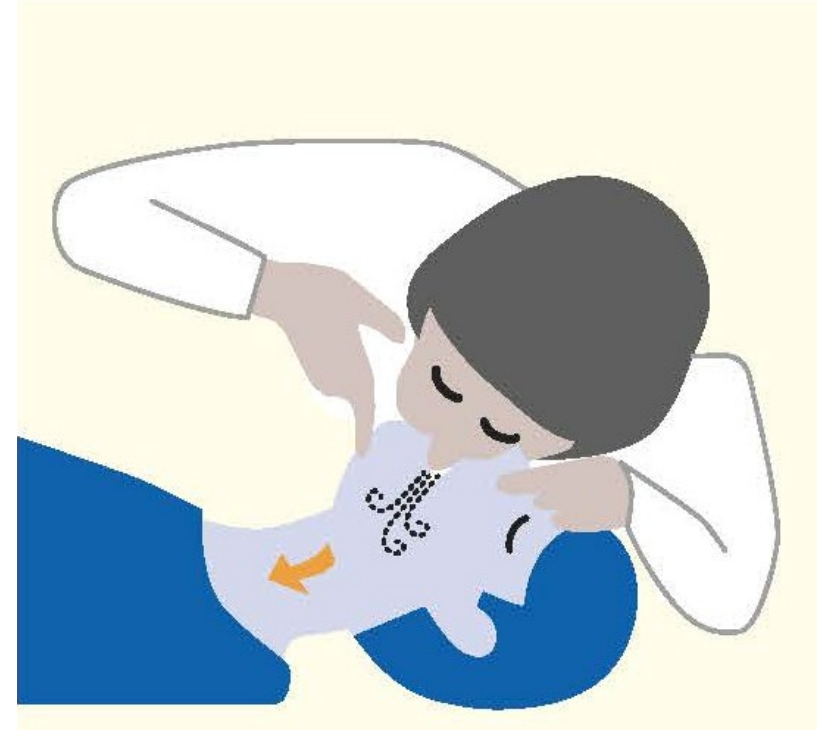
## Step 4: How to give rescue breaths



Give chest compressions if you are trained. **Training info:** [Free FDNY CPR Classes](#)

# Step 4: Give rescue breaths

- If the person is not breathing, place them on their back and tilt their chin up to open the airway
  - Check for blocked airway, and clear if needed
- Pinch nose closed with one hand, make a seal between your lips and theirs
  - Each Naloxone kit comes with a face shield
- Give 2 even, regular-sized breaths the first time
  - Blow enough air to make their chest rise
- Give one breath every 5 seconds until help arrives



It might be difficult to perform rescue breaths on persons experiencing muscle rigidity from fentanyl

# Step 5: Rescue Position

- Put person in a supported position on their side to prevent choking
  - When not administering naloxone
  - When not giving rescue breaths
  - Any time you leave them alone



**Stay with the person until medical support arrives**

# If the person becomes responsive

- They may be confused, angry or afraid
  - Explain to them that they overdosed
- They may be in withdrawal
  - Let them know naloxone wears off in 30 minutes – 2 hours
  - Using more drugs is unlikely to reduce withdrawal and could cause another overdose
- Encourage medical care
  - If person refuses medical attention, make sure someone stays with them for at least 3 hours



## Step 6: Documentation

1. Report the incident to the shelter director
2. Document the incident
3. Get a new naloxone kit

# Step 7: Prevention Support

Coordinate with Shelter Director to ensure the client receives prevention support:

- risk reduction counseling
- safety planning
- referrals to care to prevent future overdoses

# Overdose Response steps review

1. Check for Responsiveness

2. Call for Help

3. Administer Naloxone

4. Provide Rescue Breathing


5. Rescue Position

6. Documentation

**7. Prevention support**

# Naloxone Training Certificate of Completion

- Keep the card inside your kit or wallet
- This card is your permission to carry and use naloxone



## Certificate of Completion

Date \_\_\_\_\_

This certifies that \_\_\_\_\_  
has been trained in opioid overdose prevention including the use of  
naloxone for the purpose of preventing death from an opioid  
overdose. This practice is legal under New York State Public Health  
Law Section 3309 and under 10 N.Y.C.R.R. Section 80.138.

Prescribed by (name):  
Fabienne Laraque, MD, MPH  
Under a non-patient specific order

Check formulation(s), if any

- ☒ NARCAN® Nasal Spray (naloxone HCl) 4 mg units, 2 units. Administer IN prn as directed
- ☐ Naloxone 2mg/2ml, 2 prefilled syringes with atomizers. Administer IN prn as directed
- ☐ Naloxone 0.4mg/ml, 2 vials and 2 3cc syringes. Administer IM prn as directed
- ☐ Other, specify: \_\_\_\_\_

# Questions?

