



## Saving Lives in Texas: The Facts on Naloxone

Accidental opioid overdoses (also referred to as poisonings) take the lives of ordinary Texans every day. They happen to friends and family just like yours. But you can make a difference by carrying naloxone, an easy-to-use medication that reverses the effects of an opioid overdose.



### WHAT IS NALOXONE AND HOW DOES IT WORK?

Naloxone is a lifesaving medication that can reverse an opioid overdose, including fentanyl, heroin and prescription opioid medications. It works by attaching to opioid receptors in the brain and blocking the effects of opioids. If someone's breathing has slowed or stopped because of an opioid overdose, naloxone will quickly restore normal breathing. Naloxone is a temporary treatment, so it's critical to get medical help as soon as possible.

Naloxone has no effect on someone who does not have opioids in their system, so it's always best to use it if you think someone may be experiencing an overdose. Keeping it on hand could mean the difference between life and death—for you or someone else.





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## HOW TO RECOGNIZE AN OPIOID OVERDOSE

Learning how to recognize the signs of an overdose and respond effectively can save a life. Here are some things to look for:

- Small, constricted “pinpoint pupils.”
- Face is extremely pale or feels clammy to the touch.
- Body goes limp.
- Fingernails or lips have a purple or blue color.
- Vomiting or making gurgling noises.
- Cannot be awakened or unable to speak.
- Breathing or heartbeat slows or stops.
- For people with lighter skin, the skin may turn blue or purple. For people with darker skin, the skin may turn gray or ashen.



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## HOW TO SAVE A LIFE WITH NALOXONE

It may be difficult to tell if someone is experiencing an overdose. However, naloxone will not harm someone if opioids are not present in their system, so it’s always best to use it if you’re worried.

1. Call 911 right away.
2. Try to wake the person up.
3. Tilt the person’s head back and give naloxone, if available.
4. Begin rescue breathing or CPR.
5. Turn the person on their side to prevent choking.
6. Stay with the person until emergency services arrive.



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## WHERE TO GET NALOXONE

Over-the-counter naloxone is available for purchase without a prescription in places like pharmacies, convenience stores, grocery stores, gas stations and online. To obtain naloxone at no cost, place a request at [NaloxoneTexas.com](https://www.naloxonetexas.com) or inquire about its availability with your local sheriff’s office or regional Outreach, Screening, Assessment and Referral program—for you or someone else.

Overdose first aid training is available at [NaloxoneTexas.com/Training](https://www.naloxonetexas.com/training).



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## WHERE TO FIND HELP

Getting the medical care that’s necessary to treat opioid use disorder is critical. In Texas, there are many places to start. Find what’s available near you at [TxOpioidResponse.org/resources](https://www.txopioidresponse.org/resources)

