

# Save Lives with Naloxone (Narcan)

## What is Naloxone?

Also known as Narcan, naloxone is a life-saving medication that can reverse an overdose from opioids.

- There are 2 forms that anyone can use without medical training or authorization: prefilled nasal spray and injectable.
- It is easy to use and small to carry.



## Where to Get Narcan

Scan this QR code to find where Narcan is publicly available in San Diego (including for free at vending machines) and other substance use and treatment resources.

## How to Use Narcan Nasal Spray

Narcan will not harm someone if they are overdosing on drugs other than opioids, so it is always best to use it if you think someone is overdosing.



### Lay

- Check for slow breathing or unresponsiveness.
- Lay the person on their back.



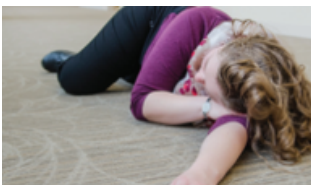
### Spray

- Remove the nasal spray from the box and peel back the tab.
- Tilt the person's head back and insert the tip of the nozzle into one nostril.
  - Your fingers on either side of the nozzle should be against the bottom of the person's nose.
- Press the plunger firmly with your thumb to give the dose.



### Stay

- Call 911. Do not leave the person alone.
- Move the person onto their side.
- Give another dose in the other nostril after 2-3 minutes if the person has not woken up or their breathing has not improved. Repeat as needed - alternating nostrils with each dose.



## Learn More About Opioid Overdose

- [County of San Diego Overdose Surveillance and Response Program](#)
- [Harm Reduction Coalition of San Diego](#) (call at 1-888-NARCAN-0 (1-888-627-2260))
- [Never Use Alone Hotline](#) (call 877-696-1996)
- San Diego Access & Crisis Line (call 1-888-724-7240; TDD/TTY711)
- [2-1-1 San Diego](#) (call 2-1-1)



Overdose Surveillance and Response Program  
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