

## Learn how to use naloxone

### Respond to an overdose: Quick Steps

1. Assess for signs of overdose and attempt to arouse the person
2. Call 911 for help
3. Perform rescue breathing or a sternum rub
4. Administer naloxone
5. Stay with the person

### Injectable – Intramuscular

1. Remove cap from vial and turn upside down as the needle is inserted.
2. Pull back on plunger and fill to 1mL (single dose).
3. Inject into arm bicep or thigh muscle. May inject through fabric/clothes.

### Nasal Spray – Intranasal Narcan

1. Hold the nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.
2. Gently insert the nozzle into one nostril until your fingers on either side of the nozzle are against the bottom of the person's nose.
3. Press the plunger firmly.
4. Wait 2-3 minutes. If no response, administer second dose.

If you or someone you care about need(s) help with a possible substance use problem or need help locating treatment services, please call:

**Illinois Helpline for  
Opioids and Other Substances**  
1-833-2FINDHELP  
[www.helplineil.org](http://www.helplineil.org)

- Open 24 hours a day, seven days a week for individuals experiencing Substance Use Disorders, families, and anyone affected by the disease.
- Confidential and free. Helpline specialists are trained in evidence-based approaches to help connect callers with treatment services and recovery support services.



#### Division of Substance Use Prevention and Recovery

401 S. Clinton St., Chicago, IL. 60607  
(312) 814-3840 • [www.dhs.state.il.us](http://www.dhs.state.il.us)

#### Funded by DHS/SUPR Illinois Opioid Crisis Grants

[http://www.dhs.state.il.us/  
page.aspx?item=105980](http://www.dhs.state.il.us/page.aspx?item=105980)



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State of Illinois  
Department of Human Services

# How to Get Naloxone

The Life-Saving Opioid  
Overdose Reversal Medication



### IDHS/SUPR Drug Overdose Prevention Program (DOPP)

The Illinois Department of Human Services/ Division of Substance Use Prevention and Recovery (IDHS/SUPR) Drug Overdose Prevention Program (DOPP) Illinois Public Act 099-0480 (HB0001) enables non-medical persons to administer naloxone to persons experiencing an opioid/heroin overdose.  
<http://www.dhs.state.il.us/page.aspx?item=58142>



## What are opioids?

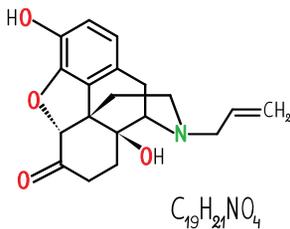
Opioids are a class of drugs that include the illegal drug heroin, as well as prescription pain relievers such as fentanyl, hydrocodone, oxycodone, morphine, codeine. These drugs interact with opioid receptors in the body and brain. Regular use—even as prescribed by a doctor—can lead to dependence. When misused, opioid pain relievers can lead to overdose incidents and deaths.

## Help for Substance Use Disorders

Substance use, misuse, and Substance Use Disorders (SUD's) are major health concerns with significant impacts for individuals and families. Individuals can and do recover from SUD's with treatment and support services. There are multiple paths to recovery including treatment at a licensed treatment provider. Treatment and recovery support services are available for those with and without insurance - funded by the Illinois Department of Human Services -Division of Substance Use Prevention and Recovery (IDHS/SUPR) - across Illinois. People can and do recover from SUD's. Recovery Happens.

## Services can be found via the Illinois Helpline

Call: **833-2FINDHELP**  
**833-234-6343**



## What is naloxone?

- Naloxone is an easy-to-use, life-saving medication which can reverse the effects of an opioid overdose when delivered in a timely manner.
- It can begin working within minutes to restore breathing and consciousness and save a life.
- It is available for purchase through pharmacies and authorized distributors.
- Naloxone works by preventing opioids from attaching to the brain.
- Naloxone can be administered by injection or sprayed into the nose.
- Naloxone comes in two forms: injectable and nasal spray.
- Naloxone is as nontoxic as water, is non-addictive, and has no known adverse side effects. It cannot hurt anyone.
- Current research shows naloxone has reduced the number of deaths by 50% in many communities.

## Who can get naloxone?

**It is recommended that you carry naloxone if you or a loved one are prescribed and/or use opioids.**

Illinois Public Act 099-0480 became effective September 9, 2015 as an enhancement to Illinois Public Act 096-0361, enabling non-medical personnel to administer naloxone without liability. Anyone in Illinois can get trained to carry and administer naloxone. Most insurance will cover some or all of the cost of generic naloxone and/or Narcan brand naloxone nasal spray.



## Where can I get naloxone?

### For Consumers

Due to the Statewide Naloxone Standing Order in Illinois, Naloxone is available at pharmacies and Drug Overdose Prevention Programs/ Over-dose Education and Naloxone Distribution programs (DOPP/OEND). Use the Illinois Department of Public Health's Opioid Data Dashboard to find naloxone distribution sites near you:

<https://idph.illinois.gov/OpioidDataDashboard/>

You can also inquire at your local pharmacy and ask them to order it for you. When buying naloxone, the price can vary greatly depending on your insurance plan and the type you want to buy. Nasal Naloxone is more expensive but easier to carry and use.

### For Organizations

Through the DHS/SUPR – The Drug Overdose Prevention Program (DOPP), develops guidelines and registers individual agencies and municipalities to distribute naloxone, train individuals and first responders to administer naloxone, and keep track of naloxone reversals. To inquire about naloxone funding see link below:

### Naloxone Grant Recipients

<http://www.dhs.state.il.us/page.aspx?item=105980>