

# Reverse Opioid Overdoses and Help Save Lives with Naloxone

*Opioid overdose is an increasing major public health issue in the United States. This increase is mostly due to overdoses from synthetic opioids like fentanyl.<sup>1</sup>*

**Opioids are drugs used to control pain. The misuse of opioids, which includes prescription painkillers such as Norco, Vicodin, morphine, fentanyl and illicit drugs like heroin can lead to:**

- ✓ **Slow, shallow breathing**
- ✓ **Unconsciousness**
- ✓ **Death**

## There is some good news

Naloxone can reverse the effects of opioid overdose and save lives. It works by blocking the effects of opioids in the brain and **causing normal breathing to return.**

On March 29, 2023 the U.S. Food and Drug Administration approved Narcan, a non-prescription 4 mg. nasal spray for over-the-counter (OTC) use. This is the first Naloxone product approved for use without a prescription.<sup>1</sup>

You'll soon be able to purchase Narcan without a prescription at many places throughout California.



**Opioid overdoses (amount of a drug that is much more than what should be taken) have claimed many lives in the United States. Nearly 102,000 reported fatal overdoses happened between October 2021 and October 2022.<sup>1</sup>**

Narcan is available as an OTC nasal spray or as a shot (by prescription). It can be given by anyone with the proper training. This includes family members, friends and emergency workers.



Don't let opioid misuse claim more lives! Teach yourself and those around you about Naloxone and its life-saving potential.<sup>2</sup>

**If you or someone you know is at risk of opioid overdose, it is important to have Naloxone on hand for quick access and use.**

As always, talk to your doctor if you have any questions about the use of Naloxone.



### Questions?

Call Member Services at **877-658-0305** (For TTY, contact California Relay by dialing 711 and provide the 877-658-0305 number).



<sup>1</sup><https://www.fda.gov/news-events/press-announcements/fda-approves-first-over-counter-naloxone-nasal-spray>  
<sup>2</sup><https://www.cdph.ca.gov/Programs/OPA/Pages/Communications-Toolkits/Fentanyl-Overdose-Prevention.aspx#:~:text=Based%20on%20preliminary%202021%20data,19%20years%20old%2C%20in%20California.>

**This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.**