



# OVERDOSE EDUCATION AND NALOXONE DISTRIBUTION

Office of Infectious Disease

# Goals for Today

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- Learn about Washington Department of Health's programs to provide free naloxone for high school students and public high schools
- Review basic information about the overdose reversal medication naloxone
- Discuss where to get naloxone

# Overdose Education and Naloxone Distribution (OEND) Program

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- Started in 2019, the Washington Department of Health (DOH) OEND Program supports access to free naloxone, overdose recognition and response training, and technical assistance for community organizations that serve people most likely to experience or respond to an opioid overdose
  - Key partners include syringe service programs, Tribes and tribal organizations, and housing/shelter providers
  - Recent expansion includes various projects to provide free naloxone to high schools and high school students



# What is naloxone?

- A safe and effective over-the-counter medication used to reverse the effects of an opioid overdose
  - No harmful effect if administered to someone who has not taken opioids
  - Does not reverse other types of overdoses
- Safe for use in people of all ages, from infants to adults
- Anyone in Washington state can get, carry, and administer naloxone for opioid overdose response.



Injectable naloxone



Nasal naloxone

(commonly known by brand name Narcan)

## Free naloxone for high school students

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- For the academic year 2024 – 2025, DOH received \$345,000 in one-time funding from the State Legislature to purchase and distribute naloxone to Washington state high school students for free.
  - Funding will purchase approximately 12,000 two-dose nasal naloxone kits
  - Prioritize distribution to high school juniors and seniors
- Naloxone purchased using this funding must:
  - be made available to students in a way that allows students to bring naloxone home
  - be provided to students anonymously to prevent tracking of which students obtain naloxone (e.g., via a naloxone box in an accessible location, such as a basket filled with naloxone kits in a student bathroom or a nurse's office)

## Free naloxone for high school students

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- In partnership with OSPI, the OEND program has engaged various partners to implement naloxone distribution to high school students.
  - Open Doors Youth Reengagement Programs
  - Alternative Learning Experiences
  - Behavioral Health Navigators and Student Assistance Programs
  - Students released from juvenile justice facilities and institutional public education
- Goal: utilize an equity approach to engage programs that serve high school students most likely to experience or respond to an opioid overdose

## Free naloxone for public high schools

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- Beginning in 2024, OEND partnered with Educational Service Districts to offer two free nasal naloxone kits for overdose response to public high schools, alternative high schools, and specialized programs serving high school students (e.g., Open Doors)
  - Provides refills for used, lost, or expired naloxone kits
- Gap in naloxone access for elementary schools, middle schools, and private schools
  - OEND provides technical assistance for any school or agency that wishes to purchase naloxone

## ADDITIONAL NALOXONE RESOURCES






# WA State Good Samaritan Law

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- In WA, any person can carry or administer naloxone ([RCW 69.41.095](#))
- Any person who experiences an overdose or is acting in good faith who seeks medical assistance for someone experiencing a drug-related overdose will not be charged or prosecuted for possession of a controlled substance ([RCW 69.50.315](#))
- The Good Samaritan Law does not apply to:
  - Outstanding warrants
  - Probation or parole violations
  - Drug manufacture or delivery
  - Controlled substances homicide
  - Other crimes beyond drug possession

# Overdose Education and Naloxone Distribution page

DOH's webpage contains resources related to naloxone including [naloxone instructions](#) (multiple languages), tools for [accessing naloxone at the pharmacy using health insurance](#), and info about [naloxone dosing](#) and the [statewide standing order to dispense naloxone](#).

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## Overdose Education and Naloxone Distribution

Naloxone is a medication that can save lives by reversing the effects of an opioid overdose. Some examples of opioids are heroin, fentanyl, methadone, OxyContin®, and Vicodin®. You can give naloxone to someone as an injection or nasal spray.

**People who should carry naloxone:**

- People who use drugs
- Friends and family of people who use drugs
- Those who interact with people who use drugs, including service providers and emergency personnel

Learn the signs and symptoms of opioid overdose and how to take action on the [Naloxone Instructions webpage](#).

**How can I get naloxone?**

- [Find naloxone near you](#).
- Naloxone is covered by Medicaid in Washington State.
- Naloxone can be dispensed at pharmacies **without a prescription**.
  - [English \(PDF\)](#) | [Russian \(PDF\)](#) | [Spanish \(PDF\)](#) | [Vietnamese \(PDF\)](#)
- Naloxone can be provided by community-based organizations because there is a [Statewide Standing Order to Dispense Naloxone](#).

# Accessing Naloxone in WA State

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- Available over the counter at major retailers and pharmacies (~\$45/kit)
- [Anyone can get naloxone at a pharmacy using the WA Standing Order](#)
  - Standing order acts as a personal prescription for anyone in WA
  - Naloxone can be billed to insurance
    - Free with Medicaid, might have a copay with other insurances
- **Available for free** from community organizations across WA
  - Find a syringe service program offering naloxone: [Syringe Service Program Directory](#)
  - Use the [WA State Naloxone Finder](#) available from StopOverdose.org



# Questions?

[naloxoneprogram@doh.wa.gov](mailto:naloxoneprogram@doh.wa.gov)

**Overdose Education & Naloxone Distribution Program**

*Drug User Health Program, Office of Infectious Disease*

Washington Department of Health

Image Credit: Harm Reduction Action Coalition

## What is an opioid overdose?

- *Opioids* is a term used for a class of drugs used to relieve pain
  - Can be pharmaceutically or illicitly produced
- An *overdose* occurs when too much of one or more drugs overwhelms the body and stops breathing
- Opioid overdoses can result in death
  - You can use naloxone to intervene in an opioid overdose and save someone's life!



# Naloxone Storage

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- Store naloxone out of direct light and at room temperature as much as possible
- Keep naloxone in a place where anyone who might witness an overdose can easily see it and get to it
- Make sure that everyone in your agency knows where the naloxone is stored to avoid confusion in the event of an overdose
- Remember to check on your naloxone kit routinely for expiration
  - Naloxone can work past its expiration date, but works best when not expired
  - Replace expired naloxone as soon as possible, but don't hesitate to use expired naloxone if that's all that's available

# Fentanyl & Recent Increases in Opioid Overdose

- Fentanyl is 50 – 100 times stronger than other opioids like heroin and morphine
- You cannot overdose from touching fentanyl
  - No clinically-confirmed cases of overdose from touching fentanyl or secondhand smoke
- Naloxone works on fentanyl overdoses



Photo from New Hampshire State Police Forensic Lab.

## What are the signs of an opioid overdose?

- Signs of an opioid overdose may include:
  - **No breathing; slow or shallow breathing**
  - **Not responsive (shaking, shouting, or pinch)**
  - Discolored skin or lips

# How to Respond to an Overdose

## If you suspect someone is experiencing an overdose:

- 1. Look for visual indicators:**
  - Not breathing; shallow breathing or gurgling.
  - Not responding to you
- 2. Say their name, and shake them to try and wake them**
- 3. Pinch their ear, back of arm or rub their sternum (2 knuckles for 10 seconds)**
- 4. If no response, call 911 and give a simple description: “someone here is not breathing, please send help”**
  - You don’t have to mention drugs or overdose
- 5. Administer naloxone**

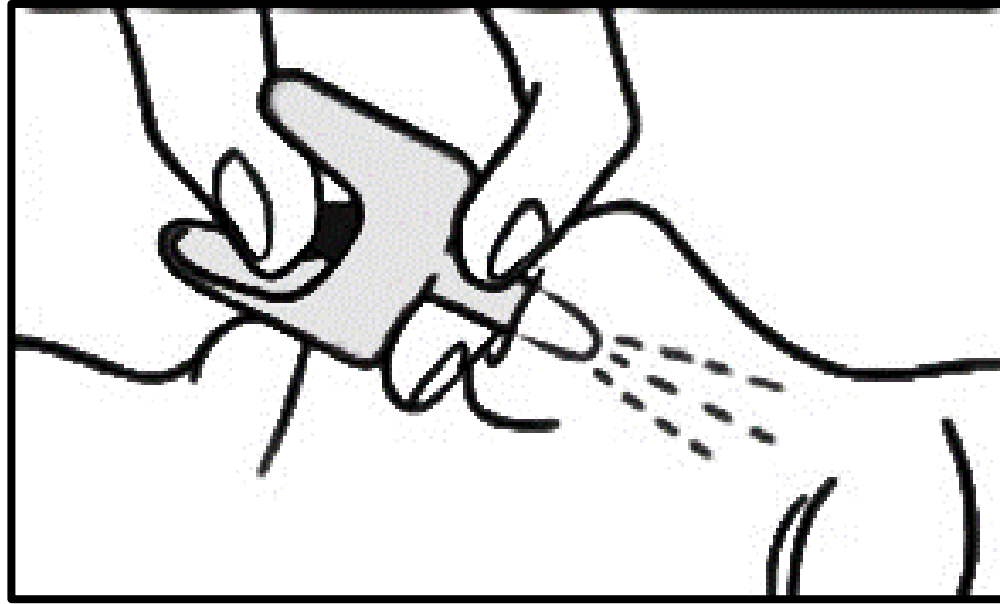
\* See [WA DOH Naloxone Instructions](#) Handout for more detailed information

# How to Administer Nasal Naloxone

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1. Place the person flat on their back, if possible
2. Peel back the film on the applicator package to remove the spray applicator
3. Tilt the persons head back
4. Hold the applicator in one hand – pointer & middle fingers on top, thumb on the plunger on the bottom
5. Insert the spray device into the nostril until your fingers touch their nose
6. Push up hard on the plunger with your thumb, give the person all spray in the device
7. Start rescue breathing and/or chest compressions
8. If the person doesn't wake up after 3 minutes, follow steps 2-4 to administer another dose.



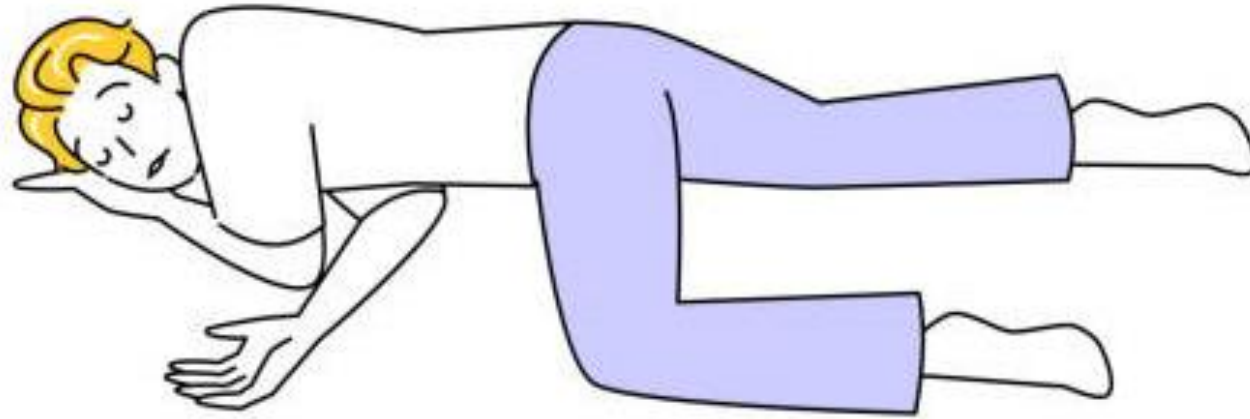


**INTRANASAL**

Do not leave the person until EMS arrives. If you must leave the person at any time, place the person in the recovery position.

## Recovery position

Bring the lower jaw forward to secure the trajectory.



Bend the elbows of both arms and place the back of the upper hand under the face.

Bend the upper knee to 90 degrees and try not to fall backwards.

[How to put someone into the recovery position | NHS - YouTube](#)

# Post-Care for Naloxone Administration

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- If the person wakes up after administering naloxone, approach them gently and tell them you gave them naloxone.
- Stay with them for a few hours
  - Naloxone wears off after 30 to 90 minutes. Depending on the drugs in someone's system, you may need to give another dose to them if they return to overdose.
- A person who is physically dependent on opioids may wake up in withdrawal.
  - Try to keep them calm and awake while the naloxone wears off
  - Encourage them not to use any more opioids for several hours
    - Naloxone will block any more opioids taken while active
- Take a person who has overdosed to the emergency room for further observation or evaluation if you are worried about their condition.



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