



ARKANSAS Opioid Overdose Protocol TOOLKIT

[Arkansas Act 811](#) requires public high schools and state-supported universities to have opioid overdose reversal kits.

School districts are strongly encouraged to develop protocols for storage and use of the kits.

District leaders can use the following information to support protocol development and to educate staff, students, and family members.

Precautions When Giving Naloxone

When an overdose is suspected, helpers should call 911 so the individual can receive immediate medical attention. Naloxone, the generic name for the drug NARCAN®, works to reverse opioid overdose in the body for only 30 to 90 minutes. But many opioids remain in the body longer than that. It is possible for a person to still experience the effects of an overdose after a dose of naloxone wears off. Also, some opioids are stronger and might require multiple doses of naloxone.

People who are given naloxone should be observed constantly until emergency care arrives.

They should be monitored for another two hours after the last dose of naloxone is given to make sure breathing does not slow or stop. People with physical dependence on opioids may have withdrawal symptoms within minutes after they are given naloxone.

Withdrawal symptoms might include:

- Headaches
- Changes in blood pressure
- Rapid heart rate
- Sweating, nausea, vomiting and tremors

While these symptoms are uncomfortable, they are usually not life threatening. The risk of death for someone overdosing on opioids is worse than the risk of experiencing withdrawal symptoms as a result of naloxone administration. Clinicians in emergency room settings are being trained to offer patients immediate relief and referral to treatment for opioid use disorder with effective medications after an opioid overdose is reversed.



Two State Laws Protect Helpers

Joshua Ashley-Pauley Act

A person who is overdosing – or a bystander trying to help a person who is overdosing – will not be charged with drug possession if they call for medical assistance. The act is named for a 20-year-old UCA student who died from a drug overdose because the people who were with him were afraid they would be prosecuted if they called for medical help.

[Read the Act](#)

Opioid Antagonist Immunity Act

This law protects people who administer naloxone from civil lawsuits, criminal charges, and professional sanctions.

[Read the Act](#)



Training Video Examples

[youtube.com/watch?v=KEOq6fUWNtA](https://www.youtube.com/watch?v=KEOq6fUWNtA) (9 min 11 sec)

[youtube.com/watch?v=nurz9qPGKws](https://www.youtube.com/watch?v=nurz9qPGKws) (11 min 30 sec)



Reporting the Use of Naloxone

To track the efficacy of programs providing naloxone for community use and to provide data on statewide prevention efforts, when naloxone is administered the person who administered the dose is asked to complete the [Naloxone Reporting Tool](#). This online survey is mobile compatible and comprised of a total of 24 questions, some required and some optional. Those in a position to administer naloxone are encouraged to review the questions before an emergency arises.



What is NARCANSas?

Through a partnership with multiple agencies and organizations, [NARCANSas.com](https://www.narcansas.com) is a mobile compatible information hub for the prevention, treatment, and recovery of opioid use in Arkansas. Download the NARCANSas app to your phone to have instant access to the step-by-step naloxone administration reference and reporting tool as well as many other resources.

NALOXONE ADMINISTRATION PROTOCOL

RECOGNIZE

Observe student for signs and symptoms of opioid overdose.

Suspected or confirmed opioid overdose consists of:

- Respiratory depression evidenced by slow respirations or no breathing (apnea)
- Unresponsiveness to stimuli (such as calling name, shaking, sternal rub)

Suspicion of opioid overdose can be based on:

- Presenting symptoms
- History
- Report from bystanders
- School nurse or staff prior knowledge of student
- Nearby medications, illicit drugs, or drug paraphernalia

Opioid High	Opioid Overdose
Relaxed muscles	Pale, clammy skin
Speech slowed, slurred	Speech infrequent
Normal breathing	No breathing or shallow breathing
Appears sleepy, nodding off	Deep snorting or gurgling
Responds to stimuli	Unresponsive to stimuli (calling name, shaking or sternal rub)
Normal heartbeat/pulse	Slowed heartbeat/pulse
Normal skin color	Cyanotic skin coloration (blue or gray lips, fingertips)
Typical pupil size	Pinpoint pupils

RESPOND

Immediately call for help.

1. Call 911.

2. Assess breathing. Perform rescue breathing if needed.

- Place student on their back.
- Tilt the chin up to open the airway.
- Check for and remove anything in the mouth blocking the airway, such as gum, toothpick, undissolved pills, syringe cap or cheeked Fentanyl patch.
- If using a mask*, place and hold mask over mouth and nose. *If not using a mask*, pinch the nose with one hand and place your mouth over the student's mouth.
- Give 2 even, regular-sized breaths.
- Blow enough air into the lungs to make the chest rise.
- If using a mask* and the chest does not rise, tilt the head back more and make sure the seal around the mouth and nose is secure. *If not using a mask* and the chest does not rise, tilt the head back more, and make sure you are pinching the nose.
- Breathe again. Give one breath every 5 seconds.

INSTRUCTIONS TO ADMINISTER NALOXONE

USE NALOXONE FOR DRUG OVERDOSE

You should give naloxone to anyone who has taken drugs and may be overdosing. Someone who is overdosing may stop breathing or their breathing may be slow and labored. Act fast! An overdose is life threatening.

Naloxone is a safe medicine. Give naloxone even if you do not know what kind of drug a person took. It only reverses overdoses in people with opioids in their systems.

1. Check for a response

- Try to wake them up. Shake them and shout their name.
- Rub your knuckles hard on the center of their chest.
- Hold your ear close to their nose, listen and feel for signs of breathing.
- Look at their eyes, lips, and fingernails. Small “pinpoint” pupils and pale blue or gray skin and nail color are signs of overdose.

2. Call 911

- Tell the operator your exact location.
- Say you are with a person who is not breathing.
- Tell the operator you are going to give the person naloxone.
- Follow any instructions you get from the operator.

3. Give naloxone

- Follow the “How to Use” instructions on the right.

4. Start rescue breathing

- Someone who has overdosed needs oxygen. Naloxone may take a few minutes to start working. Check again if they are breathing.
- If you can't hear them breathe or their breath sounds shallow, provide rescue breaths. (See other side of this sheet.)
- Follow instructions of 911 operator until help arrives.

5. Give a second dose of naloxone

- Wait about 3 minutes for naloxone to take effect. If the person has not responded after 3 minutes, give a second dose.

6. Provide post care

- Stay with the person until help arrives. The Good Samaritan Law offers protections when you call 911 for an overdose.
- If the person starts breathing on their own, but they do not wake up, roll them to their side to a recovery position. (See the other side of this sheet)
- When the person wakes up, they may not remember what happened. They may be scared, nervous, or restless. Keep them calm until help arrives.

GOOD SAMARITAN LAW

Individuals who have overdosed and their helpers are protected by the Joshua Ashley-Pauley Act. They will not be charged for possession of a controlled substance if they have sought medical assistance.

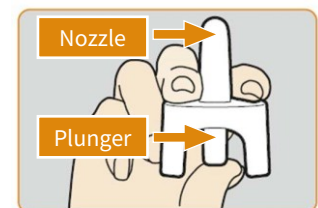
SIGNS OF OVERDOSE

- **Person is unresponsive**
- **Slow or shallow breathing**
- **Small “pinpoint” pupils**
- **Vomiting**
- **Cold, clammy skin**
- **Gurgling or snoring**
- **Blue or gray lips and nails**

HOW TO USE

Do NOT test the device. Each device works only once. You may need two devices

This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.



BE PREPARED

Learn basic first aid

Before you are in an emergency have a trained instructor teach you first aid.

If you are with a person who is unconscious and may be overdosing, you will need to perform these steps in order:

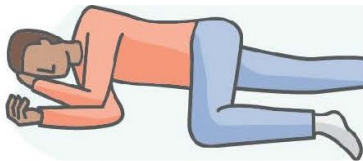
Check breathing



Give rescue breaths



1. Lay the person flat on their back.
2. Gently lift their head.
3. Give 2 quick breaths into their mouth. The chest (not stomach) should rise.
4. Give 1 slow breath every 5 seconds until they start breathing or wake up.



Roll to a recovery position

If the person starts to breathe, but they do not wake up, roll them on their side.

BE INFORMED

You should give naloxone to anyone who has taken drugs and may be overdosing. Someone who is overdosing may stop breathing or their breathing may be slow and labored. Act fast! An overdose is life threatening.

Naloxone is a safe medicine. Give naloxone even if you do not know what kind of drug a person took. It only reverses overdoses in people with opioids in their systems.

Opioids

Opioids are a class of drugs that include prescription painkillers, heroin and fentanyl. These drugs can cause a person's breathing to slow or stop. When breathing stops or is too slow to support life, this is an overdose.

Risks of Overdose

An overdose can happen to anyone who takes opioids. A person is more likely to overdose if they:

- Take opioids with other drugs or alcohol
- Take opioids that are not prescribed to them, or they take more than prescribed
- Stop taking opioids for a while, then start taking them again
- Have heart or lung disease

Naloxone

Naloxone reverses an opioid overdose by blocking the opioid receptors in the brain. This is a temporary effect and can last between 30 and 90 minutes. After giving naloxone, it may take a few minutes to work. If a first dose of naloxone does not work after about 3 minutes, give a second dose.

Safety

Naloxone is a safe medication that works to reverse an opioid overdose. Use naloxone even if you're not sure what kind of drugs someone took.

Storage

Store naloxone at room temperature, out of direct light. Keep it in a place where anyone who might witness an overdose can get to it quickly and easily. Make sure everyone knows where the naloxone is stored.

Refills

You will need a refill of naloxone if:

- You use one or both of the doses
- The naloxone is lost or damaged
- The naloxone is expired, or near its expiration date

RESOURCES

Arkansas Department of Education guidance regarding Act 811
dese.ade.arkansas.gov/Offices/communications/safety/naloxone-in-schools

Information, resources, and a free mobile app for opioid overdose prevention, rescue, and recovery in Arkansas
NARCANSas.com

Video guidance for administering naloxone produced by the California Department of Public Health
youtube.com/watch?v=nurz9qPGKws

Video instructions for administering NARCAN® Nasal Spray produced by the manufacturer, Emergent Biosolutions
youtube.com/watch?v=KEOq6fUWNtA

Opioid safety information from the Family Health Centers of San Diego
fhcsd.org/opioid-safety

National Association of School Nurses
nasn.org

Naloxone facts from the National Institute on Drug Abuse
nida.nih.gov/publications/drugfacts/naloxone

If you administer naloxone, please fill out the Arkansas Naloxone Reporting Tool.
bit.ly/2j0rBo5
