

MYTH BUSTERS

MYTH 1

I need a prescription from my doctor to get naloxone.

False: Your pharmacist can give you naloxone without a prescription and can teach you how to use it.

MYTH 2

Access to naloxone increases drug abuse.

False: There is no proof that naloxone increases drug use. Instead, fewer people die from opioid overdoses in communities with greater naloxone access.

MYTH 3

Only people who abuse drugs need naloxone.

False: Prescription opioids are just as dangerous as illegal opioids. If an opioid is around, there is always a chance too much might be taken, intentionally or unintentionally. Naloxone is for anyone - patients with a prescription for opioids, recreational drug users, and family and friends.

MYTH 4

People can abuse naloxone.

False: Naloxone stops opioids from working. It has no abuse potential and does not cause someone to "get high."

MYTH 5

I need a prescription for naloxone from my doctor to use my insurance.

False: Under the naloxone "standing order" law, you do not need a prescription to get the medication or to use your insurance to pay for it. Just let the pharmacist know that you would like to use your pharmacy insurance.

MYTH 6

There are no medications that treat opioid use disorder.

False: Naloxone saves lives in an overdose but is not a treatment for opioid use disorder. Medication assisted treatment like buprenorphine and naltrexone are proven treatments for patients with opioid use disorder.

SUGGESTED TREATMENT RESOURCES

Maryland Poison Center

24/7 free and confidential guidance from experts.
www.mdpoison.com or 1-800-222-1222

Maryland Crisis Connect

Call 211, Press 1
Provides 24/7 guidance on how to access substance use disorder services.

Maryland Overdose Response Program

Trains and certifies people to respond to opioid overdoses.
www.naloxonemd.org

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline

Provides 24/7 free and confidential information and treatment referrals/programs for people and families with substance use and mental health disorders.
www.samhsa.gov/find-help/national-helpline or (800)-662-HELP (4357)

USA.gov Mental Health and Substance Abuse Website

Find mental health services and substance use treatment programs for civilians and veterans.
www.usa.gov/mental-health-substance-abuse

Free State Region of Narcotics Anonymous

Supportive association of people recovering from substance use disorder in Maryland. Find nearby meetings.
www.fsrna.org or (800)-317-3222

Nar-Anon

Supportive group to aid friends and families of people with substance use disorder. Find nearby meetings.
www.nar-anon.org or (800)-477-6291

Maryland Department of Health

Find mental health and substance use disorder services. Locate SAMHSA Behavioral Health Treatment Services, call Maryland Crisis Hotline, or speak with local health department representative. Learn about opioid overdose prevention.
bha.health.maryland.gov/OVERDOSE_PREVENTION/Pages/Get-Help-Now-2.aspx

References

Opioid Overdose | Drug Overdose | CDC Injury Center (2018)
www.cdc.gov/drugoverdose/index.html

PrescribeToPrevent - Prescribe Naloxone, Save a Life
prescribetoprevent.org/

Maryland Department of Health
bha.health.maryland.gov/pages/index.aspx

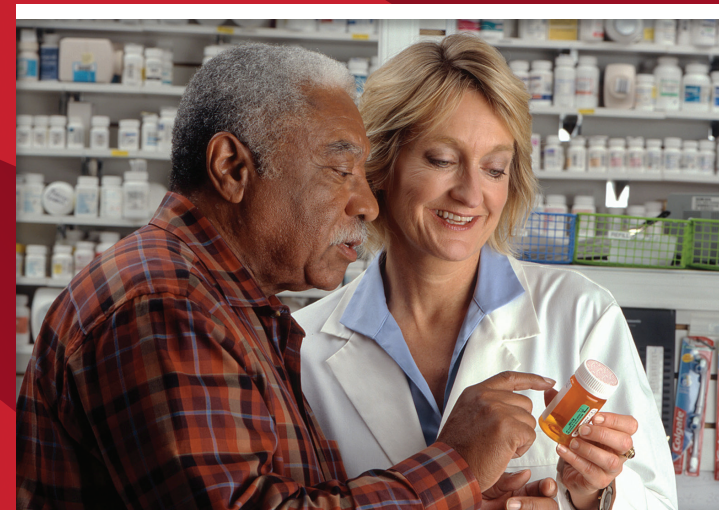
Cover photo: National Cancer Institute/ Rhoda Baer (Photographer)

REDUCE OPIOID RISK. GET A **PharmAssist**.

Drug overdose is the leading cause of adult accidental death in the country.

Naloxone is a life-saving medication for patients on opioids, available without a prescription in the pharmacy, and insurance could pay for it.

There are medications, which are effective in treating opioid use disorder.



Ask your pharmacist about naloxone, treatment for opioid use disorder, and other strategies to save a life **TODAY!**



WHAT IS AN OPIOID?

Opioids are powerful pain medications. Opioids can be prescription medications like morphine, oxycodone, and hydrocodone or illegal drugs like heroin or fentanyl synthesized on the streets.

WHAT HAPPENS DURING AN OPIOID OVERDOSE?

Taking too many opioids can cause a person to stop breathing, which could lead to death. Both prescription and illegal opioids can cause an overdose, especially if they are combined with alcohol, benzodiazepines or other medications that affect breathing.

During an overdose, a person might:

- ▶ Snore loudly or make gurgling sounds
- ▶ Not respond, even when you say their name loudly or shake them
- ▶ Have pale, gray and/or clammy skin
- ▶ Have blue lips or fingertips
- ▶ Have a limp body
- ▶ Breathe slowly or not breathe at all

Who is at risk for an opioid overdose?

- ▶ People who are prescribed opioids, especially at high doses and who use the medication chronically
- ▶ People who abuse opioids or who have in the past
- ▶ People who live with people who have opioids

HOW TO RESPOND TO AN OVERDOSE

1. Check for a response
2. Call 911
3. Give naloxone. If there is no response in 2-3 minutes, give the second dose
4. Support breathing (rescue breaths)
5. Stay with person until help arrives

WHO SHOULD GET NALOXONE?

- ▶ Anyone who uses opioids with or without a prescription
- ▶ Friends and family of people who use opioids with or without a prescription

In Maryland, anyone can get naloxone at a pharmacy without a prescription. The pharmacist can train you on how and when to use naloxone.

**Let people
know where you
keep your naloxone
in case there is
an emergency.**

**Don't run.
Call 911!**

DID YOU KNOW?

If YOU seek help for someone having an overdose, you are protected by Maryland's Good Samaritan Law. It says that you and the person who needs help will not be arrested/prosecuted for drug-related charges, or violate your parole/probation.

REDUCE OPIOID RISK.
GET A **PharmAssist**.

Ask your pharmacist about naloxone **TODAY!**

WHAT IS NALOXONE?

Naloxone is a life-saving medication that temporarily stops opioids from working and reverses an opioid overdose. Naloxone should work in 1 to 3 minutes, but if the person does not start breathing after 2 to 3 minutes, a repeat dose should be given. Naloxone wears off in 30 to 90 minutes, just enough time to get emergency care. Naloxone only reverses overdoses from opioids, not alcohol or other drugs. However, it will not harm an individual if given when the person is not overdosing from opioids. Naloxone is safe, even for children and pregnant women. Naloxone can cause opioid withdrawal in anyone dependent on an opioid. Symptoms of opioid withdrawal include nausea, vomiting, irritability, anxiety, muscle aches, and sweating.

NALOXONE PRODUCTS



Injectable or intranasal naloxone

Spray 1 mL (1/2 syringe) into each nostril. Repeat after 2-3 minutes, if no or minimal response.



Narcan nasal spray

Place tip in nostril and press plunger. Spray 0.1 mL into one nostril. Repeat with second device into other nostril after 2 - 3 minutes, if no or minimal response.



Injectable generic

Inject 1 mL into shoulder or thigh. Repeat after 2 - 3 minutes, if no or minimal response.



Evzio Auto-injector

Inject into outer thigh as directed by voice-prompt. Place black side firmly on outer thigh, depress, and hold for 5 seconds. Repeat in 2 - 3 minutes, if no or minimal response.

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