



# Opioid Overdose Prevention and Reversing an Overdose with Naloxone

## What are opioids?

Opioids are a type of medicine used to treat pain, cough, and addiction. Opioids can also be non-prescribed substances like heroin.

## Common opioid medicines:

- codeine (Tylenol #3®)
- fentanyl (Actiq®)
- hydrocodone (Vicodin®)
- hydromorphone (Dilaudid®)
- methadone (Methadose®)
- morphine (MS Contin®)
- oxycodone (OxyContin®)

Opioids can be very addictive and present a risk of overdose. In 2021, 3,814 Tennesseans died from a drug overdose and more than ¾ of these deaths involved an opioid. You can save a life by recognizing the signs and symptoms of an overdose and taking appropriate action.

## Signs and Symptoms of Overdose

- Small, constricted “pinpoint pupils”
- Slow, shallow breathing
- Limp body
- Falling asleep or loss of consciousness
- Choking or gurgling sounds
- Pale, blue, or cold skin

## What is Naloxone?

Naloxone is a medication approved by the FDA which can rapidly reverse an opioid overdose. Naloxone should be administered when an individual is showing signs and symptoms of an overdose. The medication can be given by intranasal spray (into the nose), intramuscular (into the muscle), subcutaneous (under the skin), or intravenous injection.

## Training on How to Administer Naloxone

<https://apps.health.tn.gov/naloxone/savealife>

Do not hesitate to administer Naloxone if you suspect that someone is overdosing. Naloxone is a safe medication, and you are protected from liability when you offer medical assistance in good faith.

## Where to Get Naloxone

- Purchase from local pharmacies
- Contact a Regional Overdose Prevention Specialist:  
<https://www.tn.gov/behavioral-health/substance-abuse-services/prevention/rops.html>
- Contact your local health department:  
<https://www.tn.gov/health/health-program-areas/localdepartments.html>

**If you need help finding and accessing treatment for Substance Use Disorder, go to [FindHelpNowTN.org](https://www.findhelpnowtn.org) or call the TN Redline at 1-800-889-9789.**