

纳洛酮喷鼻剂治疗阿片药物过量

Giving Naloxone Nasal Spray for Opioid Overdose

Opioids include heroin and prescription pain medicines, such as:

- hydrocodone/acetaminophen (Lorcet and Vicodin)
- oxycodone/acetaminophen (Percocet)
- morphine (MS Contin)
- methadone
- fentanyl

If a person takes a large amount of opioids, they can overdose and they could die. An overdose is an emergency! Review this information, so you know how to respond to an overdose.

Signs of opioid overdose

- Not breathing or less than 1 breath every 5 seconds
- Vomiting
- Pale and clammy skin
- Lips, fingers or toes look gray or blue in color
- Heart beat or pulse is slow or has stopped
- Snoring, gurgling or choking sounds
- Does not respond to shaking or rubbing your knuckles over the breast bone in the center of the chest

阿片类药物包括海洛因和处方止痛药，如：

- 氢可酮/对乙酰氨基酚（洛尔赛/维柯丁）
- 氧可酮/对乙酰氨基酚（扑热息痛）
- 吗啡（美施康定）
- 美沙酮
- 芬太尼

如果服用大量阿片类药物，可能导致药物过量、甚至死亡。药物过量属于紧急情况。请阅读以下信息，了解如何应对药物过量。

阿片类药物过量的症状

- 没有呼吸或者每5秒呼吸次数少于1次
- 呕吐
- 皮肤苍白、湿黏
- 嘴唇、手指或脚趾看起来呈灰色或蓝色
- 心跳或脉搏减慢或停止
- 鼾音、腹鸣或窒息声
- 以指关节摇晃或摩擦胸腔中央的胸骨时，无反应。

Take Action if you see signs of overdose

1. Check response.

- Shout the person's name and shake their shoulders.
- If no response, rub your knuckles on the center bone of their chest.

2. Call 911.

- Say, "I have a person who is not responding and is not breathing." Give location and address if known.
- Do not wait for emergency services to arrive before giving naloxone. Call 911 even if the person responds to the naloxone (Narcan).

3. Give naloxone (Narcan) nasal spray.

- Open package and peel paper to remove nasal spray. Follow directions in next section.

如发现阿片类药物过量症状，请采取行动

1. 检查（患者）反应

- 大声呼喊患者姓名并摇晃其肩膀。
- 如果无反应，以指关节摩擦胸腔中央的胸骨。

2. 拨打 911。

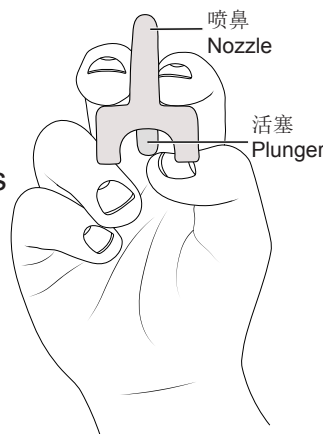
- 说：“我这里有位患者无反应，无呼吸。”如果知道方位和地址，请提供。
- 急救到来之前，就可以给药纳洛酮。即使患者对纳洛酮（Narcan）有反应，仍拨打911。

3. 使用纳洛酮喷鼻剂。

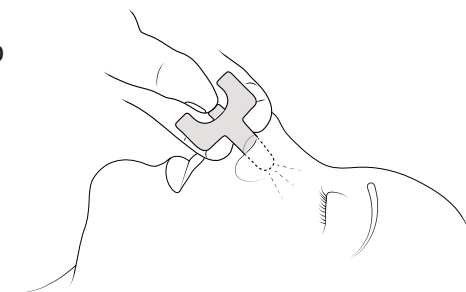
- 打开包装和撕开包装纸，取出喷鼻剂。遵循下一节中的使用说明。

Giving naloxone nasal spray

1. Position the person on their back.
2. Hold the spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



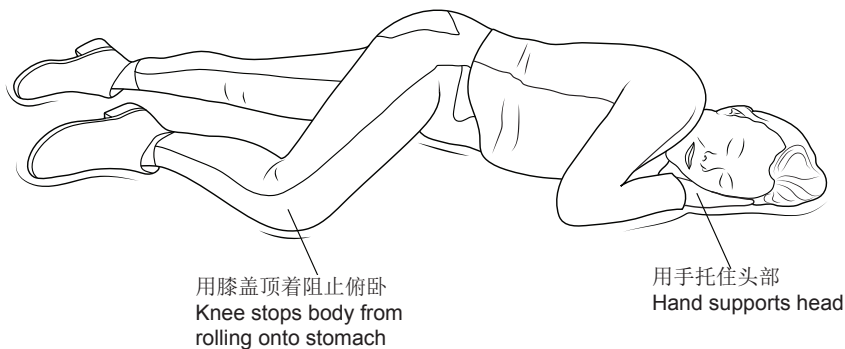
3. Place the tip of the nozzle into one side of the nose, so your fingers are against the bottom of the nose.
4. Press the plunger firmly to give the dose of the spray.



纳洛酮喷鼻剂给药

1. 让患者平躺。
2. 握住喷剂，大拇指按住柱塞底部，食指和中指在喷嘴两侧。
3. 将喷嘴的尖端插入鼻子一侧，让手指顶住鼻子底部。
4. 用力按压柱塞，按喷剂剂量给药。

5. Remove the spray device from the nose and throw it away. It only contains 1 dose. Throw it away out of the reach of children.
 6. Stay with the person until help arrives.
 - If the person starts to breathe on their own, roll them onto their side, so they do not choke if they vomit.
5. 将喷剂取出鼻腔，并丢弃。喷剂仅含单次剂量。丢弃到儿童接触范围之外。
 6. 留在患者身边，直到救援到来。
 - 如果患者开始自主呼吸，将其翻转侧卧，防止患者被呕吐物窒息。



- If the person does not begin to breathe on their own after 2 or 3 minutes:
 - Give another dose of naloxone if you have it available.
 - Start recue breathing:
 - Make sure there is nothing in the person's mouth. Tilt the head back by lifting their chin with your hand to open their airway.
 - If you have a face shield, place it over their nose and mouth and pinch their nose shut with your other hand
 - If you have a pocket mask, place it over their nose and mouth to make a seal.
- 如果两到三分钟后，患者仍没有开始自主呼吸：
 - 如果还有纳洛酮，再给药1剂。
 - 开始人工呼吸：
 - 确保患者嘴内没有任何物体。用手将患者下巴抬高，使头部后仰，打开气道。
 - 如果有防护面罩，罩住患者鼻部和嘴部，用另一只手捏紧患者鼻子。
 - 如果你有便携式人工呼吸面罩的话，罩住患者鼻腔和嘴部，密封严实。

- If you do not have a shield or mask, pinch their nose shut with your other hand.
- Give 2 slow and deep breaths into their mouth to cause their chest to rise. Continue giving 1 breath every 5 seconds until they are breathing on their own or help arrives.
- 如果没有防护罩或面罩，用另一只手捏紧患者鼻子。
- 深吸气后，向患者嘴中缓慢吹气两次，使患者胸部隆起。然后继续每5秒再吹气1次，直到患者自主呼吸或救援到来。

About naloxone nasal spray

- Store naloxone at room temperature and away from light.
- Check the expiration date on the package. If the expiration date is past, throw the package away and get a new one from the pharmacy.
- Naloxone will not reverse overdoses caused by drugs that are not opioids.
- Naloxone can cause non life-threatening withdrawal symptoms. Review the package instructions for more information.
- In Ohio, the law protects the person calling 911 and using naloxone to reverse a drug overdose, as well as the person who is overdosing.
- Naloxone is available in Ohio without a prescription. Pharmacies by county listed at: pharmacy.ohio.gov/Licensing/NaloxonePharmacy.

关于纳洛酮喷鼻剂

- 纳洛酮在室温下避光储存。
- 检查包装上的有效日期。如果过了有效期，请丢弃，并从药房购买新药。
- 纳洛酮无法逆转非阿片类药物过量。
- 纳洛酮可能引起非致命的戒断症状。请参阅包装说明书，了解更多信息。
- 在俄亥俄州，法律保护拨打911并施与纳洛酮以逆转药物过量的人，也保护药物过量的患者。
- 纳洛酮在俄亥俄州为非处方药。各郡县药房请见：pharmacy.ohio.gov/Licensing/NaloxonePharmacy.