

# Opioid Overdose + Pregnancy

**Naloxone can save the life of a person having an opioid overdose – including pregnant people and their babies. You use naloxone for a pregnant person the same way you would for anyone else.**



Video: [How to give naloxone](#)

## **If you think someone is having an overdose, use naloxone right away**

### **1. Signs of opioid overdose**

<b>B</b> reathing	Breathing is slow, shallow, gurgling, erratic or not breathing
<b>L</b> ips	Lips and fingertips change color or turn blue, grey or ashen
<b>U</b> nresponsive	Will not respond if you speak to them or tap their foot to try and wake them
<b>E</b> yes	The black center of the eye (pupils) are very small

### **1. Call 911 –**

- Tell them you are with a pregnant person who is not breathing and you need help
- Oregon's Good Samaritan law to legally protect those who respond to an overdose, even if there are drugs at the scene or there are outstanding warrants



### **3. Help the person breathe, if you are comfortable/able**

- Place the person on their back, head tilted back and chin up
- Make sure there is nothing in their mouth and pinch their nose closed
- Breathe two slow breaths into their lungs, making sure their chest rises



### **4. Give naloxone**

- Remove naloxone from the package
- Hold the nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle
- Put the tip of the nozzle in 1 nostril
- Press **firmly and quickly** to give the entire dose
- Repeat in two minutes with a second dose, if no response



Detailed instructions on using naloxone for a drug overdose

### **5. Stay with the person until help arrives**

- Roll the person on their left side. Bend their top knee. Put their arm under their head for support
- Tell the person that you gave them naloxone when they become responsive

