

# 使用納洛酮鼻腔噴霧劑治療阿片類藥物過量

## 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

阿片類藥物包括海洛因和處方止痛藥，比如：

- 氫可酮/醋氨酚(洛塞特和維柯丁)
- 羥考酮和對乙酰氨基酚(撲熱息痛等)
- 嗎啡(美施康定)
- 美沙酮
- 芬太尼

如果某人服用大劑量阿片類藥物，他們可能會過量使用而死亡。服藥過量將觸發緊急情況！請認真閱讀以下信息，您就明白該如何應對服藥過量的情況。

### 阿片類服藥過量的跡象

- 沒有呼吸或每五秒呼吸少於一次
- 嘔吐
- 皮膚蒼白潮濕
- 嘴唇、手指或腳趾看起來呈灰色或藍色
- 心跳或脈搏緩慢或停止
- 鼾聲、咯咯聲或窒息聲
- 對您的指關節在胸部中心的胸骨上抖動或者摩擦沒有任何反應

## 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.

## 如果發現服藥過量的跡象請採取行動

### 1. 檢查反應。

- 高喊此人名字并搖晃其肩膀。
- 如果沒有反應，用指關節摩擦其胸骨中心。

### 2. 請撥打911。

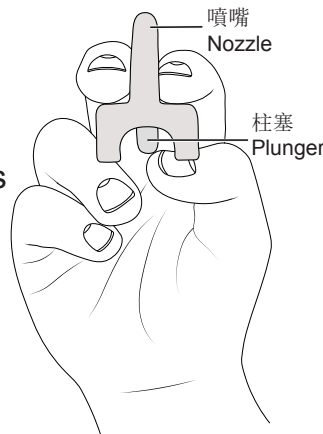
- 說，“我發現一個人沒有反應也沒有呼吸。”如果知道的話，請提供具體位置和地址。
- 無需等待急救服務到來之後再使用納洛酮。即使此人對納洛酮產生反應，也請撥打911。

### 3. 使用納洛酮鼻腔噴霧劑。

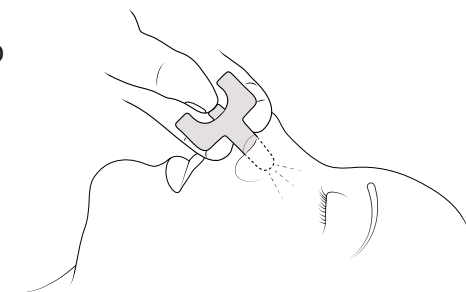
- 打開包裝并撥開包裝紙，取出噴劑。請遵循以下說明。

## 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.

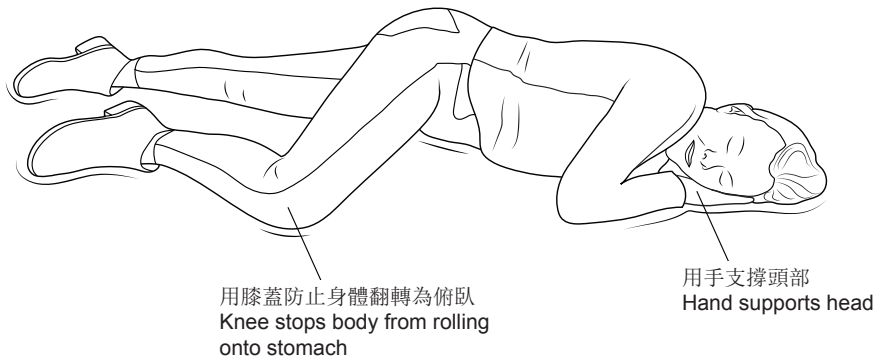


## 使用納洛酮鼻腔噴霧劑

1. 請讓此人仰臥。
2. 用拇指按住噴管底部，食指和中指分別置於噴管兩側。

3. 請將噴嘴尖端放入鼻腔的一側，您的手指就能抵住鼻子的根部。
4. 用力按壓柱塞，進行噴霧。

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. 從鼻腔內取出噴霧裝置，隨後扔掉它只含有一劑劑量。將其扔到孩子們無法接觸到的地方。
  6. 陪在此人身邊，等待救援人員到來。
    - 如果此人開始自主呼吸，將其翻轉為側臥姿勢，這樣即使嘔吐也不會造成窒息。



- 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 rescue 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.
- 如果此人在兩三分鐘之後仍未開始自主呼吸：
    - 如果可以的話，就再給他一劑納洛酮。
    - 開始人工呼吸：
      - 確保此人嘴裡沒有東西。請用手抬起對方下巴，打開他們的氣道，使其頭部向後傾斜。
      - 如果您有防護面罩，請將其置於其鼻子和嘴之上，用另一隻手捏住他們的鼻子。
      - 如果您有口袋型呼吸面罩，請將其置於其鼻子和嘴之上，加強密封性。

- 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.
- 如果您沒有防護面罩或呼吸面罩，請用另一隻手捏住他們的鼻子。
- 給他們做兩次緩慢悠長的人工呼吸，讓其胸部抬升。繼續每五秒人工呼吸一次，直到他們能夠自主呼吸或者救援人員抵達為止。

### 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](http://pharmacy.ohio.gov/Licensing/NaloxonePharmacy).

### 納洛酮鼻腔噴霧劑注意事項

- 請將納洛酮置於室溫以下，避光保存。
- 請核查包裝上的過期日期。如果藥物已經過期，請連同包裝一起扔掉，再從藥房購買新藥。
- 納洛酮無法逆轉非阿片類藥物的服藥過量。
- 納洛酮可能引發不會威脅生命的脫癮症狀。查閱包裝說明了解更多資訊。
- 俄亥俄州法律保護那些撥打911并使用納洛酮逆轉服藥過量的人，同時也保護那些服藥過量的人。
- 俄亥俄州無需處方即可買到納洛酮。各縣藥房見如下網站：[pharmacy.ohio.gov/Licensing/NaloxonePharmacy](http://pharmacy.ohio.gov/Licensing/NaloxonePharmacy).