



TOWN OF TOPSFIELD

Board of Health

8 West Common Street, Topsfield, Massachusetts 01983
(978) 887-1520/Fax (978) 887-1502
health@topsfeld-ma.gov; www.topsfeld-ma.gov



Topsfield Health Department to Distribute Free Narcan Kits to Community Members

Topsfield Health Dept encourages all residents to be knowledgeable about the current opioid epidemic and take steps to be proactive and help learn how you can respond and help prevent death from an opioid overdose.

Kits will be available starting September 6th, 2023 at the Topsfield Health Department Office in Town Hall, Ground Level, 8 West Common St, Topsfield MA

Kits are available during regular business hours: Monday-Thursday 8AM-4PM, Fridays 8AM-12PM.

Community members interested in obtaining a Narcan kit must review the printed instructional materials provided on how to administer Narcan. The Tri-Town Public Health Nurse can assist with any additional questions.

Two Kits are available:

Leave-Behind Kits include two doses of Nasal Naloxone (Narcan), a Stop an Overdose wallet card, and magnet, a Fentanyl wallet card, a fentanyl test strip, a CPR face shield, a pair of gloves, a Massachusetts Behavioral Health HelpLine wallet card, brochure and magnet, a FAQ document on Narcan/naloxone and a FAQ document on Medication/Sharps Disposal in Tri-Town. (Distributed to community members through the health department for first time distributions, & distributed to police, fire/EMS, outreach workers, families/friends with known or suspected substance use disorder, or people who use recreational drugs)

Community Distribution Kits include two doses of Nasal Naloxone (Narcan), a Stop an Overdose wallet card, a Massachusetts Behavioral Health HelpLine wallet card, and a magnet. (Distributed to community members through the health department, at outreach events, to stock home first aid kits, community SAMBoxes and for those with opioid prescriptions in the home who may be at risk of overdose)



Topsfield Health Department is a Community Naloxone Program (CNP) affiliate of MDPH

- The CNP allows many eligible programs or communities to obtain naloxone/Narcan through the State Office of Pharmacy (SOPS).
- According to the Massachusetts Department of Public Health, in 2022 there were 2,357 opioid overdose-related deaths, which is a 2.5 percent increase compared to 2021.
- The goal of the CNP is to prevent death from opioid overdose by increasing the distribution of free naloxone to community bystanders across Massachusetts.
- The CDC reports that nearly half of fatal overdoses had a bystander present.
- CDC also reports that 8 out of 10 overdoses happen in the home, which is why Narcan should be available in medicine cabinets/first aid kits.
- Narcan is an opioid antagonist, meaning it can quickly reverse the effects of a potentially fatal overdose by binding to opioid receptors and reversing or blocking the effects of other opioids, quickly restoring normal breathing. The drug has no major side effects and can be administered by members of the public with limited training.
- Narcan is not dangerous if administered to a person who is not overdosing, and it has no potential for abuse.

What are the signs of an opioid overdose? Look for these signs:

- Small, constricted “pinpoint pupils”
- Falling asleep or losing consciousness, not able to rouse
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and/or clammy skin
- Discolored skin (especially on lips and nails)

Narcan Quick Facts:

✓Naloxone is also called Narcan

✓This medication can reverse an opioid overdose - it works by blocking opioid receptors in the brain

✓Reverses overdoses in 3-5 minutes

✓Lasts 30-90 minutes

✓Can be repeated if no effect after 2-3 minutes

✓No side effects and no potential for abuse, not a controlled substance

✓Narcan expires 36 months after manufacturing (Check the expiration date regularly)

✓Store at room temperature (68°F to 77°F) & Protect from light

✓Avoid freezing (below 5°F) or exposing to excessive heat (above 104°F)

➤ If your Narcan does freeze, it can still be used after thawing at room temperature for 15 minutes (don't

wait to call 911!)

STOP AN OVERDOSE

1 CHECK FOR OVERDOSE

Signs of overdosing:

- Not breathing well
- Turning blue/gray
- Not reacting when you rub your knuckles on their chest

2 CALL 9-1-1

- Call 9-1-1
- Say "someone isn't breathing" and/or "I think it's an overdose"
- Stay until help arrives, even if they seem better!

3 GIVE NARCAN®

- Push pump only after tip is in nose
- Go to Step 4
- If no response in 3 minutes, give another dose

4 GIVE BREATHS/CPR

- Make sure mouth is clear
- Tilt head back, lift chin, pinch nose
- Give 1 breath every 5 seconds
- Try CPR if you've been trained

5 STAY UNTIL HELP ARRIVES

- If breathing well, put on side
- If not breathing well, repeat Steps 3 and 4
- Stay until help arrives!

TAKE THESE STEPS:

- 1 Check for overdose
- 2 Call 9-1-1
- 3 Give Narcan®
- 4 Give breaths
- 5 Stay until help arrives

1 CONFIRME A OVERDOSE

Sinais de overdose:

- Não respirar direito
- Pele azul/cinza
- Nenhuma reação quando os nós dos dedos são esfregados no peito

2 LIGUE PARA 9-1-1

- Ligue para 9-1-1
- Diga "tenho uma pessoa que não está respirando" e/ou "Acho que foi uma overdose"
- Fique até chegar ajuda, mesmo se a pessoa parecer estar melhor!

3 ADMINISTRE NARCAN®

- Pressione a bomba somente depois que a ponta estiver dentro da narina
- Vá para o Passo 4
- Se não houver resposta dentro de 3 minutos, administre outra dose

4 FAÇA RESPIRAÇÃO BOCA-A-BOCA/RCP

- Confirme que não tenha nada na boca
- Incline a cabeça para trás, levante o queixo, tape o nariz
- Faça 1 respiração a cada 5 segundos
- Experimente fazer RCP (Resuscitação cardiopulmonar), se tiver feito o treinamento

5 FIQUE COM ELE/A ATÉ CHEGAR AJUDA

- Se a pessoa estiver respirando bem, coloque-a de lado
- Se não estiver respirando bem, repita os Passos 3 e 4
- Fique até chegar ajuda!

SIGA ESSES PASSOS:

- 1 Confirme a overdose
- 2 Ligue para 9-1-1
- 3 Administre Narcan®
- 4 Faça respiração boca-a-boca/RCP (Resuscitação Cardiopulmonar)
- 5 Fique com ele/a até chegar ajuda

Read on for more info on Narcan: [NARCAN / Naloxone FAQ's](#)

Web Resources:

MDPH Narcan Training Info: <https://www.mass.gov/stop-an-overdose-with-naloxone>

Narcan: [Resources for Using NARCAN® \(naloxone HCl\) Nasal Spray](#)

Johns Hopkins Narcan Training Video: [This small spray can save a life. #shorts - YouTube](#)

CDC Educational Info: [Stop Overdose](#)

CDC Educational Info: [Lifesaving Naloxone](#)

One Pill Can Kill Fact Sheet from DEA: https://www.dea.gov/sites/default/files/2022-12/DEA-OPCK_FactSheet_December_2022.pdf

Good Samaritan Law: [The Good Samaritan Law in Massachusetts](#)

Massachusetts Behavioral Health HelpLine: <https://www.masshelpline.com/>

Massachusetts Substance Use Helpline: <https://helplinema.org/>

Any questions please contact:

Topsfield Health Department
8 West Common St
Topsfield MA 01983
(978) 887-1520

Julia Lobel, BSN, RN
Tri-Town Public Health Nurse
Cell: (978) 766-6284
Email: julia.lobel@middletonma.gov

**NARCAN IS LIKE MANY OTHER
FAMILIAR TOOLS WE USE
TO SAVE PEOPLE'S LIVES:**

