

Students and Faculty get Narcan Training

By Audrey Leib and Nadia Hernandez

This past Wednesday, the Office of Health Promotion and Wellness offered a Narcan training session to students and faculty as a part of their Take Care DePaul initiative.

Chicago has a large percentage of people who use opiates. About 4.3% of 15–24-year-olds use opiates, but opiates are often found to be [laced within other drugs](#), such as cocaine.

Narcan, or naloxone, the opioid overdose antidote, is available in every building on campus.

Public safety personnel also carry Narcan. Chicago public Libraries also carry According to HPW, Narcan is anywhere from 83-100% effective against opioid overdose.

Recognizing opioid overdose is important. If the person has small pupils, gray and cold clammy skin, blue or purple lips or fingertips, breathing slowly or not breathing, or are otherwise unresponsive.

The first step in aiding someone who has overdosed is to collect yourself. Then, verbally or physically stimulate them, either by asking if they are okay, or by rubbing their sternum or upper lip. If they respond, monitor their breathing. If they do not respond, administer the Narcan by following the instructions. Narcan comes in two forms: a nasal spray or an injection. Call 911 as soon as possible. If you do not want to disclose that the person has overdosed, simply say that they have stopped breathing. Administer CPR if applicable until help arrives, if not then monitor

them. If you must leave the overdose victim for any reason, assume them into the recovery position. Lay the victim on their side with the body being supported by a bent knee, with their arm supporting their head.

HPW also wants to invite the community to use person first language to decrease the stigma of drug use. “Words matter,” said Eden Butler, the graduate assistant giving the presentation.