



Town of Boxford

7A Spofford Road
Boxford, Massachusetts 01921
Health Department

Boxford Health Department to Distribute Free Narcan Kits to Community Members

Boxford 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 October 12th, 2023 at the Boxford Health Department 7A Spofford Rd, Boxford

Kits are available during regular business hours: Monday-Thursday 8AM-4:30PM.

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, for individuals with known or suspected opioid use disorder, or people who may 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, or concerned with an unintentional overdose of any kind)



Boxford 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.
- Fentanyl is a potent synthetic opioid drug first approved by the Food and Drug Administration for use as an analgesic (pain relief) and anesthetic. It is approximately 100 times more potent than morphine and 50 times more potent than heroin as an analgesic.
- The DEA reports that the criminal drug networks are mass-producing fake pills and falsely marketing them as legitimate prescription pills to deceive the American public. Fake pills often contain fentanyl or methamphetamine and can be deadly.
- Many fake pills are made to look like prescription opioids such as oxycodone (Oxycontin®), Percocet®), hydrocodone (Vicodin®), and alprazolam (Xanax®); or stimulants like amphetamines (Adderall®).
- 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
- ✓It is only one squirt in one nostril that is given at a time. No need to “prime” or test the dose first.
- ✓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 Narcan does freeze, it can still be used after thawing at room temp for 15 min (don't wait to call 911!)

STOP AN OVERDOSE	1. CHECK FOR OVERDOSE	2. CALL 9-1-1	3. GIVE NARCAN®	4. GIVE BREATHS/CPR	5. STAY UNTIL HELP ARRIVES	 <p>HelplineMA.org 800-327-5050 mass.gov/narcan</p> <p><small>*Good Sam Law protects people who overdose or seek help for someone overdosing from being charged or prosecuted for simple drug possession.</small></p>
<p>TAKE THESE STEPS:</p> <ol style="list-style-type: none"> 1 Check for overdose 2 Call 9-1-1 3 Give Narcan® 4 Give breaths 5 Stay until help arrives 	<p>Signs of overdosing:</p> <ul style="list-style-type: none"> Not breathing well Turning blue/gray Not reacting when you rub your knuckles on their chest 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Push pump only after tip is in nose Go to Step 4 If no response in 3 minutes, give another dose 	<ul style="list-style-type: none"> 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 <p>MAKE SURE CHEST RISES WITH EACH BREATH.</p> 	<ul style="list-style-type: none"> If breathing well, put on side If not breathing well, repeat Steps 3 and 4 Stay until help arrives* <p>HAND SUPPORTS HEAD</p> <p>KNEEL UP, BODY FROM ROLLING ONTO STOMACH</p> 	
DETENHA UMA OVERDOSE	1. CONFIRME A OVERDOSE	2. LIGUE PARA 9-1-1	3. ADMINISTRE NARCAN®	4. FAÇA RESPIRAÇÃO BOCA-A-BOCA/RCP	5. FIQUE COM ELE/A ATÉ CHEGAR A AJUDA	 <p>HelplineMA.org 800-327-5050 mass.gov/narcan</p> <p><small>*A Good Sam Law (Lei do Bom Samaritano) protege as pessoas que sofrem uma overdose ou que procuram ajuda para alguém que está sofrendo uma overdose contra incriminação ou processo por posse de drogas simples.</small></p>
<p>SIGA ESSES PASSOS:</p> <ol style="list-style-type: none"> 1 Confirme a overdose 2 Ligue para 9-1-1 3 Administre Narcan® 4 Faça respiração boca-a-boca/RCP (Resuscitação Cardiorpulmonar) 5 Fique com ele/a até chegar ajuda 	<p>Sinais de overdose:</p> <ul style="list-style-type: none"> Não respirar direito Pele azul/cinza Nenhuma reação quando os nós dos dedos são estregados no peito 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Pressione a bomba somente depois que a ponta estiver dentro do nariz Vá para o Passo 4 Se não houver resposta dentro de 3 minutos, administre outra dose 	<ul style="list-style-type: none"> 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 cardiorpulmonar), se tiver feito o treinamento <p>CERTIFIQUE-SE QUE O DENTRO DA PESSOA SE MOVIMENTA EM CADA RESPIRAÇÃO.</p> 	<ul style="list-style-type: none"> Se a pessoa estiver respirando bem, coloque-a de lado Se não estiver respondendo bem, repita os Passos 3 e 4 Fique até chegar ajuda* <p>A MANEIRA ADEQUADA É QUANDO ENTÃO QUE A PESSOA VOLTAR SOBRE SEU ESTOMAGO</p> 	

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](#)

Fentanyl Fact Sheet:

<https://www.dea.gov/sites/default/files/2023-06/Fentanyl%202022%20Drug%20Fact%20Sheet-update.pdf>

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:

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