

The opioid crisis impacts us all. This information is too important not to pass on.

**TELL A FRIEND.
BE PREPARED.
YOU CAN
HELP REVERSE
AN OVERDOSE.**



THIS IS TOO IMPORTANT NOT TO PASS ON. TELL A FRIEND. BE PREPARED. HELP REVERSE AN OVERDOSE.

You have the power to help reverse an overdose.

PICK UP A NALOXONE KIT TODAY FROM YOUR LOCAL PHARMACY

**Kits are free of charge in
Ontario, Quebec, and NIHB.**

FOR MORE INFORMATION

Please read and follow the label or speak to your pharmacist or public health unit.

1. Public Health Agency of Canada (PHAC)
<https://health-infobase.canada.ca/substance-related-harms/opioids>. Accessed August 27, 2020.
2. Government of Canada
Canada's Opioid Crisis (fact sheet).
<https://www.canada.ca/en/health-canada/services/publications/healthy-living/canada-opioid-crisis-fact-sheet.html>. Accessed August 27, 2020.
3. Centre for Addiction and Mental Health (CAMH)
<https://www.camh.ca/-/media/files/5-steps-to-save-a-life-pdf.pdf?la=en&hash=1B71DA2E66BC1F0A034ACB78F51AF3D3A8DCA4A8>. Accessed August 27, 2020.
4. Centre for Addiction and Mental Health (CAMH)
<https://www.camh.ca/-/media/files/preventing-opioid-overdose-pdf.pdf>. Accessed August 27, 2020.
5. Substance Abuse and Mental Health Services Administration (SAMHSA)
<https://store.samhsa.gov/sites/default/files/d7/priv/sma18-4742.pdf>. Accessed August 27, 2020.
6. NARCANTM Nasal Spray Product Monograph
Adapt Pharma Operations Limited, March 24, 2017.
7. Government of Ontario
Recognize and temporarily reverse an opioid Overdose. <https://www.ontario.ca/page/get-naloxone-kits-free#section-0>. Accessed August 27, 2020.
8. Government of Canada: Naloxone
<https://www.canada.ca/en/health-canada/services/substance-use/problematic-prescription-drug-use/opioids/naloxone.html>. Accessed August 27, 2020.

AN OVERDOSE OF REALITY

**BETWEEN 2016
AND 2019,
AN ESTIMATED
15,393
CANADIANS DIED
FROM AN
APPARENT OPIOID
POISONING.¹**

**Young people, aged 15 to 24
are the fastest-growing group
requiring hospital care from
opioid overdoses.²**

Know the signs of
an opioid overdose.
Be prepared.

YOU HAVE THE POWER TO HELP REVERSE AN OVERDOSE.

HERE'S WHAT TO LOOK FOR³⁻⁵

- You can't wake the person up
- Breathing is very slow or erratic, or has stopped
- Deep snoring or gurgling sounds
- Fingernails or lips are blue or purple
- Body is very limp
- Pupils are very small
- Vomiting
- Not responsive to noise or knuckles being rubbed hard on their breastbone

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WHAT TO DO⁶

1. Check for signs of an opioid overdose. Shout their name and shake their shoulders.
2. Call 9-1-1- if they are unresponsive.
3. Give naloxone.
4. Move the person on their side (recovery position). Watch them closely.
5. Give a second dose after 2-3 minutes if the person has not woken up or their breathing is not improved. Alternate nostrils with each dose. You can give a dose every 2-3 minutes, if more are available and are needed.
6. Perform rescue breathing and/or chest compressions until emergency medical help arrives.

INJECTABLE NALOXONE



NALOXONE NASAL SPRAY



NALOXONE CAN TEMPORARILY REVERSE AN OPIOID OVERDOSE⁷

Naloxone (pronounced na-LOX-own, also known by the brand name Narcan) is a drug that can temporarily reverse an opioid overdose.

Opioids are drugs that are usually used to treat pain, but some people use opioids to get high. Some commonly used opioids include:

- fentanyl
- morphine
- heroin
- methadone
- oxycodone

When someone overdoses on opioids, their breathing either slows or stops completely. If used right away, naloxone can help them breathe normally and regain consciousness.

Naloxone can either be injected or given as a nasal spray.

WHAT IF IT'S NOT AN OPIOID OVERDOSE?⁸

Naloxone doesn't reduce the effects of overdose by other drugs, but giving naloxone to someone that is unconscious due to a non-opioid overdose, or for other reasons, is unlikely to cause more harm.

For a list of warnings and precautions for naloxone, refer to the product labeling.



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