Naloxone

What is naloxone?

Naloxone is an emergency medication that temporarily reverses the effects of an overdose from opioids (painkillers) such as fentanyl, heroin, methadone and morphine as well as those caused by non-opioid drugs contaminated with opioids.

If you think someone is suffering from a drug overdose, call 911 immediately. If available, give the person naloxone.

Naloxone will not hurt someone who is not having an opioid overdose, so there is no harm in giving it if you are not sure.

Toxic drug supply

If the drugs are mixed with non-opioid sedatives, naloxone can restart someone's breathing, but the person may still be unconscious.

Signs and symptoms of an opioid poisoning

- Breathing is slow or gone
- Deep snoring/gurgling sound
- Person may be choking
- Nail beds/lips blue, grey or purple
- Cannot be woken up (unconscious)
- Person is not moving
- Limp body
- Cold, clammy skin
- Very small (pinpoint) pupils

Precautions

- Wear gloves to protect yourself from possible exposure to vomit, diarrhea, mucus and blood.
- Person may have difficulty regulating emotions or behaviours while experiencing withdrawal symptoms after being given naloxone.

Steps to respond to an opioid overdose

1. **Shout and shake**
   Shout their name and shake their shoulders. If there is no response...
2. **Call 911**
   Opioids can last longer than naloxone and a person can overdose again once the naloxone wears off. Therefore, even if an overdose is reversed it is still vital to call 911 for further monitoring.
3. **Give naloxone**
   If their breathing is slow, shallow, or has stopped.
4. **Perform rescue breaths and/or chest compressions**
   If you are trained and comfortable.
5. **Give another dose if needed**
   Naloxone takes effect in 2-3 minutes. If there is no improvement in breathing during that time, give another dose. If the person is breathing well, do not give any more, even if they remain unconscious.

How else to help

- Stay with the person until EMS arrives.
- If they wake up, explain that they had an opioid overdose. Remember that this may be a traumatizing experience for them. Be kind and compassionate.
- Watch for signs and symptoms of an overdose returning.
- If they remain unconscious, but are breathing well, put them in recovery position.

GRAND ERIE
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Naloxone

Overdose Prevention Tips

Carry naloxone and know how to use it.

Call 911.

Canada's Good Samaritan Drug Overdose Act protects people from simple drug possession charges if you are the person who overdosed, and anyone else at the scene when help arrives.

Do not use drugs alone.

Call NORS (National Overdose Response Service) 1-888-688-6677. It's an anonymous, confidential, virtual, safe consumption service.

SLOW

Start low and go slow.

Where to Get a Free Naloxone Kit
(no health card required)

Brantford

SOAR
Elgin, Fairview, and Murray sites

Rosewood House

Grand River Community Health Centre

Grand Erie Public Health

Grand River Clinic

The Salvation Army Booth Centre

Brantford Native Housing

Dunnville

Grand Erie Public Health

Mobile

The Van
(Positive Health Network)

The Haldimand, Norfolk, & Six Nations Van
Wednesdays and Thursdays 11 am - 3 pm
Call or text 289-440-4903

The Brant County & Brantford Van
Mondays, Tuesdays, and Fridays 11 am - 3 pm
Call or text 289-440-4912

Simcoe

Grand Erie Public Health

The DROP

Grand Erie Community Health Centre

Salvation Army Simcoe Community Church

The County of Brant

County of Brant Public Library
Burford, Glen Morris, Paris, Scotland-Oakland, and St. George sites

Caledonia

Grand Erie Public Health
Caledonia Clinic

Six Nations

Six Nations Mental Health & Addictions

Pharmacies

Naloxone kits can be accessed at many pharmacies without a health card - call ahead