

# OPIOID OVERDOSE AND NALOXONE

In Newfoundland and Labrador, there has been a rise in opioid related deaths.

Drug use affects all sectors of society and all ages; from those using daily to those who casually experiment.

## Opioids

Taken for pain relief or euphoria, including:

- Fentanyl
- OxyContin
- OxyNEO
- Hydrocodone
- Morphine
- Heroin
- Methadone
- Percocet

## Fentanyl

- Illicit fentanyl is 50 – 100X more toxic than other opioids;
- Can be hidden in other drugs;
- Small doses can be lethal or cause brain damage.
- Caution! Do not touch unknown powders; avoid contact with eyes, nose and mouth.

## Overdose Signs

- Can't be woken up
- Snoring or gurgling
- Not breathing
- Lips or nails are blue
- Cold, clammy skin

Do not let the person sleep;

**Call 911**

## Naloxone Can Save a Life

**Naloxone** (trade name Narcan) can restore breathing in the event of a fentanyl or other opioid overdose.

**Naloxone** is temporary and emergency medical care is still required.

**Naloxone** has no harmful side effects; it cannot get a person high and is not addictive.

**Naloxone** is the medication that is administered by Emergency Departments, police and paramedics if someone is having an opioid overdose.

## 'TAKE HOME' Naloxone Kits

**Free** Take Home Naloxone Kits are available to the public in communities across the Province.

**Kits are for** individuals at high risk of overdose (current or previous opioid users) and their friends/family, to administer if overdose occurs.

**HealthLine** (811) has a list of Take Home Naloxone Kit distribution sites. Call as needed to find a location near you.

**Kit Contacts** can provide a Kit and instruction on how to use it.

**Kits include:** Overdose information, overdose response steps, a breathing mask, gloves, retractable syringes and naloxone.



## You can help

Discuss opioid overdose signs with your friends and family.

Get a Take Home Naloxone Kit and instruction if you or someone you care about may be at risk of an opioid overdose.

**For more information on opioid overdose:**

[www.canada.ca/opioids](http://www.canada.ca/opioids) [www.towardtheheart.com](http://www.towardtheheart.com) [www.fentanylsafety.com](http://www.fentanylsafety.com)

The Provincial Take Home Naloxone Program is a partnership of:

