



IT COULD HAPPEN TO ANYONE

NARCAN® helps bring people **who never thought it could happen to them** back from an opioid overdose¹

It's vital we know how to respond if we encounter someone experiencing the effects of an opioid overdose, especially if:

- You are taking or have taken opioids
- You know someone taking opioids
- You think you will encounter someone experiencing the effects of an opioid overdose

Opioid overdoses can occur, even when taking as directed by a doctor.

Identifying an opioid overdose

- Blue nails or lips
- Choking, gurgling or snoring sounds
- Difficulty staying awake or unable to be woken up
- Drowsiness or confusion
- Pale and clammy skin
- Slow or no heartbeat
- Small pupils
- Trouble breathing or no breathing

You may be eligible for a free naloxone kit. Head to a pharmacy or harm reduction centre to discuss what's available to you.

All clients of the Non-Insured Health Benefits (NIHB) Program across Canada and all eligible clients of Veterans Affairs Canada (VAC) can receive NARCAN Nasal Spray free-of-charge from pharmacies.

What is naloxone?

Naloxone is an opioid antidote, temporarily reversing the effects of an opioid overdose. It can be used by anyone to reverse the effects of the overdose until medical help arrives.

Naloxone targets opioids specifically and is unlikely to cause harm if administered to someone who is not having an opioid overdose.

Naloxone is available across Canada:

	FREE TAKE-HOME NALOXONE KITS						NALOXONE AVAILABLE AT PHARMACIES
	DISTRIBUTED THROUGH PHARMACIST			DISTRIBUTED THROUGH OTHER SITES (e.g. health and social service centres)			
	NARCAN NASAL SPRAY	AVAILABLE FOR ALL	RESTRICTED ELIGIBILITY	AVAILABLE FOR ALL	RESTRICTED ELIGIBILITY		
BRITISH COLUMBIA	?	?	✓ ¹	?	✓	✓	
ALBERTA	?	✓	?	✓	?	✓	
SASKATCHEWAN	?	?	?	?	✓ ¹	✓	
MANITOBA	?	?	✓ ¹	?	✓ ¹	✓	
ONTARIO	✓	✓	?	✓	?	✓	
QUEBEC	✓	✓	?	✓	?	✓	
NEW BRUNSWICK	?	?	?	?	✓	✓	
NOVA SCOTIA	?	✓	?	✓	?	✓	
PRINCE EDWARD ISLAND	?	?	?	?	✓	✓	
NEWFOUNDLAND & LABRADOR	?	?	?	?	✓	✓	
NORTHWEST TERRITORIES	?	✓	?	✓	?	✓	
YUKON	?	✓	?	✓	?	—	
NUNAVUT	?	—	—	—	—	—	

✓ Available — Not available in the province or territory. ? Insufficient information available.

1. Number of pharmacies/sites limited.

Do you know which medicines are opioids?

Opioids are prescribed to treat various forms of pain. They have a variety of generic, trade and street names:

Name	Street Names
BuTrans® (Buprenorphine)	Bupe, bute
Suboxone® (Buprenorphine-naloxone)	Subby, bupe, sobos
Tylenol® 2,3,4 with codeine + acetaminophen	Cody, captain cody, T1, T2, T3, T4
Abstral® (Fentanyl) Duragesic® (Fentanyl)	Patch, sticky, sticker
Tussionex® (Hydrocodone)	Hydro
Dilaudid® (Hydromorphone)	Juice, dillies, dust
Demerol® (Meperidine)	Demmies
Methadose® (Methadone) Metadol® (Methadone)	Meth, drink, done
Doloral® (Morphine) Statex® (Morphine)	M, morph, red rockets
OxyNEO® (Oxycodone) Oxycocet® (Oxycodone) Percocet® (Oxycodone)	Oxy, hillbilly heroin, percs
Talwin® (Pentazocine)	Ts
Nucynta® (Tapentadol)	n/a
Ultram® (Tramadol) Tramacet® (Tramadol) Tridural® (Tramadol) Durela® (Tramadol)	chill pills, ultras

Adapted from Canadian Centre on Substance Abuse, Prescription Opioids. This is not intended to be a complete list. OxyContin® is no longer marketed in Canada and was replaced with OxyNEO®.

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How to Use NARCAN® Nasal Spray



If you have identified an opioid overdose, it's **critical that you call 911** before administering NARCAN® Nasal Spray (always read the label and follow directions for use).

- 1 Remove NARCAN Nasal Spray from its packaging.



- 2 Hold it with your thumb on the bottom of the plunger. **Do not test the device** since there is only one dose per device.



- 3 Tilt the person's head back and provide support under their neck with your hand.
- 4 Insert the tip of the nozzle in one nostril.
- 5 Press the plunger firmly.

- 6 Remove the NARCAN Nasal Spray and put the person on their side.

- 7 Give a second dose after 2 or 3 minutes if the person hasn't woken up or their breathing has not improved. Make sure to alternate nostrils with each dose. CRP may be required if they are unresponsive.

How to Use Injectable Naloxone



If you have identified an opioid overdose, it's **critical that you call 911** before administering injectable naloxone.

- 1 Remove needle from packaging.
- 2 Break the top off the naloxone 0.4mg vile or ampoule



- 3 Insert the needle into the liquid and pull back the plunger to withdraw the naloxone
- 4 Remove the air in the needle by pushing the plunger a little
- 5 Insert the needle into the patents upper arm or leg, through clothes is fine, and press plunger
- 6 Remove the needle and put the person on their side
- 7 Give a second dose after 3-5 minutes if the person hasn't woken up or their breathing has not improved. CRP may be required if they are unresponsive.

You have the power to **help reverse an overdose.**

