

An opioid overdose can happen to anyone taking an opioid

Get a free take-home naloxone kit just in case!

How to stay safe on opioid medications:

Do not drink alcohol.

Do not start any new medications without talking to your prescriber (e.g. doctor, nurse practitioner) or pharmacist first.

Do not share medications.

Store medications in a safe and secure place.

Take your medications exactly as prescribed. If you have questions, ask your prescriber or pharmacist.

Return unused opioid prescriptions to the pharmacy for safe disposal

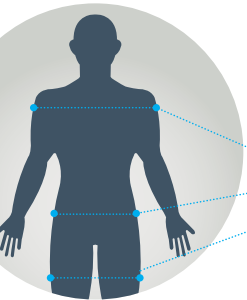
Naloxone

It Saves Lives

What you need to know

What are the types of naloxone?

1 Naloxone injection

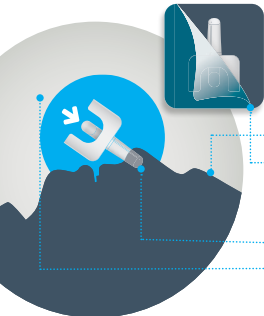


Injectable naloxone is easy to use and your pharmacist will train you when receiving your kit.

Injection sites

- Upper arms
- Buttocks
- Thighs

2 Naloxone nasal spray — Intra-nasal naloxone is for the nose.



How to give naloxone nasal spray

- Lay the person on their back
- Peel the package open and hold the device. Do not press until ready to give naloxone.
- Place the tip in the nostril.
- Press firmly to spray.

Who is eligible for a naloxone kit?

Anyone who is at risk of an opioid overdose

Anyone who is a family member, friend or other person in a position to assist a person at risk of overdose from opioids

Anyone who is newly released from a correctional facility



Ask your pharmacist about getting a **FREE** naloxone kit today!



Naloxone kits are available for free at your local participating pharmacy

➔ How to use a Naloxone Kit

https://www.ontario.ca/page/get-naloxone-kits-free?_

ga=2.86487645.435037048.1640279875-435334735.1600766757#section-5



ONTARIO
PHARMACISTS
ASSOCIATION

Advocating Excellence
in Practice and Care

What is naloxone?

- Naloxone temporarily stops an opioid overdose by blocking its effects on the brain.
- Naloxone does NOT work for overdoses involving alcohol or non-opioid drugs such as stimulants or benzodiazepines.
- Naloxone is safe to use and unlikely to cause harmful effects even if accidentally given to someone who is not experiencing an opioid-related emergency

Why do I need it?

- Anybody taking an opioid is at risk of experiencing opioid-induced respiratory depression.
- Opioid-induced respiratory depression involves slowed or stopped breathing, leading to loss of consciousness or death.
- Opioid-induced respiratory depression can occur even with proper opioid use or long-term opioid use.

Signs of an opioid-related emergency:

Cannot wake up/stay awake; unresponsive to voice or pain

Slow, irregular breaths or not breathing

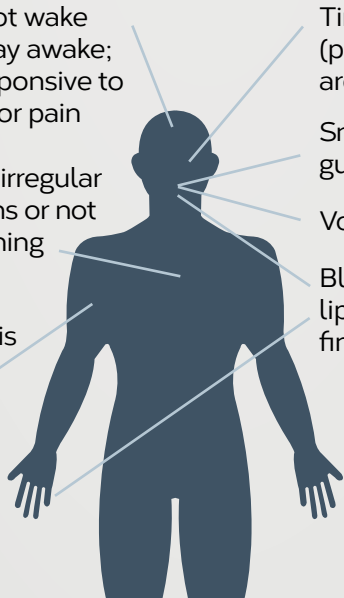
Body is limp

Tiny pupils (pinpoint) or eyes are rolled back

Snoring or gurgling

Vomiting

Blue/purple lips or fingernails



What are opioid medications?

You probably know that

Hydrocodone
Morphine
Oxycodone
Fentanyl

are opioid medications.



You may not know that

Tylenol 1, 2, 3 and 4
Meperidine (Demerol)
Tapentadol (Nucynta IR)
Methadone
Buprenorphine
Tramadol

are also opioids and carry the same risks.

Please note this is not a complete list of opioid medications. Speak to your pharmacist for more information.

5 Steps to respond to an opioid-related emergency

STEP
1



SHOUT & SHAKE

Shout their name and shake their shoulders

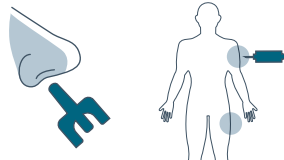
STEP
2



CALL 9-1-1

If unresponsive

STEP
3



GIVE NALOXONE

1 spray into nostril or inject 1 vial, ampoule, or pre-filled syringe into arm or leg.

STEP
4



PERFORM RESCUE BREATHING AND/OR CHEST COMPRESSIONS

STEP
5



IS IT WORKING?

If **no** improvement after 2-3 minutes, repeat steps 3 & 4. **Stay with them.**

Disclaimer: This document provides basic information only and is not intended to provide or take the place of medical advice, diagnosis or treatment, or legal advice. Please speak to your pharmacist for more information.

Last Updated: March 20, 2026