



# Provincial Opioid Dependence Treatment CENTRE OF EXCELLENCE

## OPIOID OVERDOSE AND NALOXONE

Newfoundland and Labrador has experienced opioid-related harms including overdoses and 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 - 100 times 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 skins

**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 a medication that can be administered when an opioid overdose is suspected. It can be administered by lay people, emergency departments, police and paramedics and anyone who witnesses a suspected 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 risk of overdose (current or previous opioid users) and their friends/family, to administer if overdose occurs.

**HealthLine (811)** has a list of **Kit Distribution sites**.

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

**Kit includes:** Overdose information, overdose response steps, a breathing mask, gloves, retractable syringes and naloxone

### As healthcare staff, you can help

Provide a welcoming environment to receive and respond to inquiries.

Know the **Kit Contact** and distribution site in your area. Find the list at [www.health.gov.nl.ca/health/naloxonekits](http://www.health.gov.nl.ca/health/naloxonekits), contact your Mental Health and Addictions team, or call 811.



Eastern  
Health