

## 5 things to know about naloxone kits:

- 1 Naloxone kits save lives and have reversed thousands of poisonings by Albertans
- 2 Before using a Naloxone kit, call 911 for help
- 3 Anyone can pick up a free kit anonymously; no ID is needed
- 4 While not mandatory, 10 minutes of training can help you spot the signs of opioid poisoning or overdose
- 5 Naloxone kits are compact, easy to carry and last for up to two years.

## What is naloxone?

Naloxone is a medication that temporarily reverses effects of an opioid poisoning. Some examples of opioids include morphine, fentanyl and hydromorphone.

Naloxone works by restoring normal breathing and consciousness. Always call 911 as emergency care is still needed after naloxone is used.

To find a location, visit [ahs.ca/naloxone](https://ahs.ca/naloxone) and click “Get Naloxone.”

This site includes training videos, learning modules and printouts for responding to opioid poisoning.

### For more information:

- Visit: [ahs.ca/naloxone](https://ahs.ca/naloxone)
- Email: [naloxone.kit@ahs.ca](mailto:naloxone.kit@ahs.ca)
- Call: Health Link at 811

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# You could save a life

With a free naloxone kit you can help temporarily reverse opioid poisoning



# What do I need to know before using a naloxone kit?

The kit's safety materials (rubber gloves, CPR mask for rescue breathing and safety syringe) reduce the risk of contamination. The safety syringe's needle automatically retracts once the plunger is fully depressed and locks into place to prevent unintentional skin punctures.

Naloxone temporarily restores breathing and consciousness while in the body. It is only effective for opioid poisoning and cannot harm someone who has not taken opioids. Naloxone is given to people with suspected opioid poisoning as a temporary antidote.

For some people living with opioid use disorder, naloxone can cause symptoms of withdrawal such as pain, anxiety, agitation, diarrhea, chills, and nausea. It is important to always call 911 as part of using naloxone to ensure everyone's safety.



## What are signs of overdose?

- **slow or no breathing**
- **person can't be wakened**
- **pale face or blue lips or nails**
- **gurgling or snoring sounds**
- **choking or vomiting**
- **cold & clammy skin**
- **constricted pupils.**

# Do I need training to use a naloxone kit?

Training is recommended, but not required. It takes just 10 minutes to do and can be done when you pick up a kit.

# What's in a naloxone kit?

Each kit includes:

- 3 vials of naloxone (each vial is 1 dose)
- 3 safety syringes
- 3 alcohol pads
- 1 pair of rubber gloves
- 1 CPR mask (for rescue breathing)
- Instructions on using the kit.

# Where can I get a kit?

Naloxone kits are available for free at more than 2,000 Alberta pharmacies, emergency departments, walk-in clinics and community programs.

Anyone can get free naloxone kits.

To find places offering naloxone kits, visit [ahs.ca/naloxone](https://ahs.ca/naloxone) and click on "Get Naloxone."

The webpage also has training videos, learning modules and printouts.



# What happens after I use a kit?

Ensure 911 has been called and is on the way. Continue rescue breathing as needed. Remain calm and watch for changes in person's breathing, colouring and heart rate. Stay with them and let them know help is on the way.

Once emergency responders arrive, let them know how many doses of naloxone you gave the person. Make sure to dispose the used needles and kit safely and appropriately.

You're encouraged to report use of your kit through an anonymous form at [ahs.ca/naloxone](https://ahs.ca/naloxone)—or wherever you pick up a replacement kit.

# What if I see someone experiencing poisoning and don't have a kit?

Call 911 immediately and follow the operator's instructions. Start rescue breathing as needed. Rescue breathing alone can save a person until help arrives.