

# Take Home Naloxone: Overdose Prevention Training and Kits

## Opioid Overdose

Opioids (a drug class) include narcotics such as heroin, morphine, fentanyl, methadone, oxycodone, and codeine. People who misuse opioids (prescribed or obtained illegally) are at risk of opioid overdose (OD). Opioids affect the part of the brain that controls breathing, so when too much of an opioid is taken, breathing slows or stops. People at higher risk of OD include those starting or tapering opioid substitution therapy (ex. methadone), with comorbid conditions (e.g. HIV or liver disease), or with a period of non-use (e.g. released from prison or detox).

## Naloxone

Death and injury from opioid OD are preventable with OD prevention, recognition and response education, and naloxone. Naloxone (Narcan®) reverses opioid OD, restoring breathing in a few minutes. It is not a narcotic, is non-

addictive, and has no effect if no opioids are present. Naloxone is a safe medication, with few side effects. Although traditionally (for 40+ years) given by emergency responders, with minimal training laypeople can give naloxone. In fact, the World Health Organization recommends naloxone be made available to people likely to witness an opioid overdose (including family and friends of people who use opioids).

## Take Home Naloxone Program

Saskatchewan residents who are at risk of an opioid overdose and/or might witness an opioid overdose, such as friends and family of people who use opioids, are eligible for free training and a Take Home Naloxone kit. The training covers overdose prevention, recognition, and response, including how to administer naloxone.



Each Take Home Naloxone kit contains:

- 2 - 0.4mg/ml doses of naloxone
- 2 auto-retractable safety syringes: 3cc - 25g x 1"
- 2 alcohol swabs
- 2 non latex gloves
- One-way rescue breathing barrier mask
- Steps to respond to opioid overdose

This program is empowering. It gives peers, friends, and families of people who use drugs the chance to save a life, sending a clear message to those who use drugs that their lives matter.

*Content has been used with permission of the B.C. Centre for Disease Control Harm Reduction Program.*

**Buffalo Narrows Health Centre**  
491 Peterson Ave, Buffalo Narrows  
Phone: 306-235-5822

**Estevan Addiction Services**  
1174 Nicholson Road, Estevan  
Phone: 306-637-2422

**Stepping Stone Wellness Clinic**  
Kamsack Hospital and Nursing Home  
341 Stewart Street, Kamsack  
Phone: 306-542-1968

**Kindersley and District Health Centre**  
1003 1st St West, Kindersley  
Phone: 306-463-1000 Ext. 2560 or 2562

**Lloydminster Mental Health & Addictions**  
3830 43 Avenue, Lloydminster  
Phone: 306-820-6250 or  
#115 - 4910 50th Street, Lloydminster  
Phone: 306-820-2592

**Meadow Lake Mental Health & Addictions**  
#8 - 711 Centre Street, Meadow Lake  
Phone: 306-236-1580

**Mental Health and Addiction Services**  
Melfort Hospital  
510 Broadway Avenue, Melfort  
Phone: 306-752-8767

**Crescent View Clinic**  
131 1st Avenue NE, Moose Jaw  
Phone: 306-691-6464

**Mental Health and Addiction Services**  
Nipawin Hospital  
800 - 6th Street East, Nipawin  
Phone: 306-752-8767

**Battlefords Sexual Health Clinic**  
1192 101st Street, North Battleford  
Phone: 306-446-6463 or 306-441-4556

**Access Place**  
101-15th St East, Prince Albert  
Phone: 306-765-6542

**Communicable Disease Sexual Health Program**  
2110 Hamilton Street, Regina  
Phone: 306-766-7788

**Harm Reduction Methadone Program**  
1048 Albert Street, Regina  
Phone: 306-766-6350

**Mayfair Clinic**  
504 33rd Street West, Saskatoon  
Phone: 306-655-4007

**Community Health Services**  
El Wood Building, 4th Floor  
350 Cheadle St West, Swift Current  
Phone: 1-877-329-0005

**Mental Health and Addiction Services**  
Tisdale Hospital  
2010 - 110th Avenue West, Tisdale  
Phone: 306-752-8767

**Weyburn Addiction Services**  
900 Saskatchewan Drive, Weyburn  
Phone: 306-842-8693

**Turning Point Program**  
Room 109, SIGN on Broadway  
345 Broadway St West, Yorkton  
Phone: 306-786-0637