



Consumers Can Help Prevent Harmful Medication Incidents

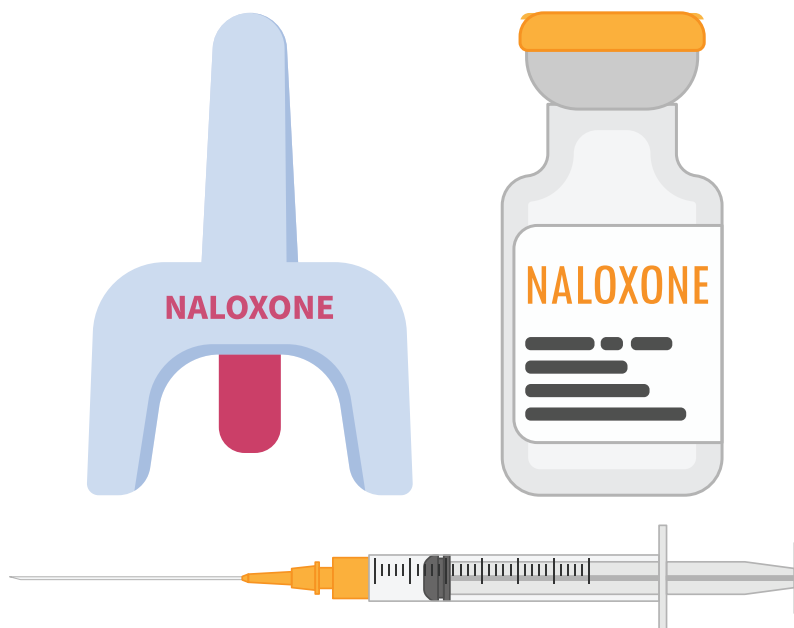
SafeMedicationUse.ca Newsletter

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Naloxone Kits: Empowering People to Save Lives

Opioids are medications that help to manage pain. However, too much of an opioid (an “overdose”) can make you feel weak, can slow your breathing, can make it difficult to wake up, and may even lead to death. Naloxone is a medication that can reverse the effects of an opioid overdose. Knowing and recognizing the signs of an opioid overdose and using naloxone can save lives.

Mederror.ca has received reports that show the value of having and using a naloxone kit. In one of these reports someone recognized that a person was showing signs of an opioid overdose and gave naloxone. This quick action to give naloxone and a 911 call saved a life.



The following tips about naloxone can help reduce harm from opioids:

- Know and recognize the signs of an opioid overdose. For more information, refer to this [Health Canada handout](#).
- [Find out](#) where you can get a naloxone kit. Ask your health care provider how to use it. Participating pharmacies offer naloxone kits (injection or nasal spray) at no charge.
- Tell your family and caregivers where the naloxone kit is stored and make sure they know how to use it.
- **If you suspect someone is experiencing an overdose, call 911.** When you administer naloxone, its effects won't last long.
- Remember to replace the kit after use.

This newsletter was developed in collaboration with Best Medicines Coalition and [Patients for Patient Safety Canada](#).

Recommendations are shared with healthcare providers, through the [ISMP Canada Safety Bulletin](#), so that changes can be made together.

This newsletter shares information about safe medication practices, is noncommercial, and is therefore exempt from Canadian anti-spam legislation.

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