

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 successfully complete OD prevention, recognition and response training are eligible for a Take Home Naloxone kit. Training and kits are available at no charge. Friends and family of people who use opioids are also encouraged to go through training (since they may witness an OD).

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.



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

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

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

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

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

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

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

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

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

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

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

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

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

Buffalo Narrows Health Centre
1491 Peterson Ave, Buffalo Narrows
Phone: 306-235-5822

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

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

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