



Naloxone Nasal Spray

Training Guide

You can save a life by administering Naloxone in the event of an opioid poisoning.

Naloxone Nasal Spray is **ONLY** effective against opioids.

- Fentanyl
- Oxycodone
- Hydrocodone
- Carfentanil
- Oxymorphone
- Dilaudid
- Heroin
- OxyNEO
- Methadone
- Morphine
- Hydromorphone
- Codeine



REMEMBER:

While Naloxone does not work on drugs that are not Opioids (e.g. Cocaine, Crack and Crystal Meth) these drugs CAN be laced with opioids.

What **opioid poisonings** look like:

- Cannot be woken up, not responsive to voice or touch
- Breathing is very slow, weak, or not at all
- Fingernails and/or lips are blue, purple, gray or ashen
- Deep snoring or gurgling sounds
- Drowsiness or difficulty staying awake
- Body is limp
- Vomiting
- Pinpoint Pupils

ANYONE can experience an *opioid poisoning*

How to reduce the risk of opioid poisoning:

- **Use one drug at a time** or use less of each drug if you are mixing
- **Start Low, Go Slow.** Use less when tolerance is lower. Tolerance can change depending on body weight, age, illness, stress or having a compromised immune system (HIV, Hepatitis C Infection)
- **Test a small amount.** Does it taste, smell, look different?
- **Avoid using alone.** Fix with a friend, leave the door unlocked or call someone to let them know you are about to use a substance
- **Always carry Naloxone**

What is Naloxone?

- Naloxone nasal spray is a medication that can tell the brain to breathe normally again
- Naloxone begins to work in about 2-3 minutes BUT only for a limited amount of time
- Naloxone ONLY works if the person has opioids in their body

What does NOT work during an Opioid Poisoning

- Putting a person in cold water (bath or shower) could cause drowning or shock
- Making a person throw up could cause choking
- Injecting a person with anything else (e.g. saltwater, cocaine) could cause additional harm
- Excessive stimulation (e.g. shaking, slapping, burning them) could cause additional physical harm
- Letting a person “sleep it off” could cause them to stop breathing

How to use Naloxone Nasal Spray

- Follow the [5 Steps to Respond to an Opioid Overdose](#) insert included in the Naloxone kit
- Call 911. Tell dispatch you have a kit and they will walk you through the steps



Where to find kits

ontario.ca/page/where-get-free-naloxone-kit



Naloxone training video

vimeo.com/showcase/5719549

Contact Us

160 Exmouth Street
Point Edward ON, N7T 7Z6
LambtonPublicHealth.ca
519-383-8331



Harm Reduction Program

519-383-8331 ext. 3547
Monday - Friday
8:30-4:30 (closed 12-1pm)
Closed on Statutory Holidays