

# Training Manual: Overdose/Poisoning Recognition and Response

*“If you are using drugs you are probably going to be there when someone overdoses – and that’s less awful if you’re carrying naloxone”*

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**Acknowledgements:** This training manual was adapted from the *Toward the Heart* Training Manual ([www.towardtheheart.com](http://www.towardtheheart.com)) with permission from the British Columbia Centre for Disease Control.

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Thank you for taking the time to review this manual which provides information about responding to a drug overdose or poisoning, the use of take-home naloxone kits to temporarily reverse drug toxicity caused by opioid drugs, and information about the Manitoba Take-Home Naloxone Program.

For additional information about the Manitoba Take-Home Naloxone program, see p. 18 [Introduction to the Manitoba Take-Home Naloxone Program](#).

## Who should use this training manual?

This training manual is intended to support distribution sites in Manitoba's Take Home Naloxone program. If you received a naloxone kit and don't know how to use it, or have questions about how to use naloxone, please connect to one of the distribution sites for information and training. This manual also contains links to [training videos and resources](#) that may be helpful to you.

Health care providers or others who administer naloxone in the course of their work will have professional or workplace standards of practice that may not be covered in this manual. The training covered in this manual is designed to support lay-responders, or members of the public who voluntarily provide emergency assistance to a person they believe to be experiencing an overdose/drug toxicity.

## Learning Objectives

After reviewing this training manual, you will understand:

- 1) Factors that can increase or decrease the risk of drug toxicity
- 2) How to recognize depressant (including opioid) and stimulant drug toxicity
- 3) How to respond to an apparent opioid toxicity using the SAVE ME steps, including:
  - a) how to put someone in the recovery position
  - b) how to communicate with 911 and why it is important to call
  - c) how to prepare and administer naloxone
  - d) how and when to evaluate and if and when to administer further doses of naloxone and
  - e) How to support the person after they regain consciousness
- 4) The Manitoba Take Home Naloxone Program and information for distribution sites

Performing cardiopulmonary resuscitation (CPR) is also an important part of responding to an overdose/poisoning. The steps of CPR (e.g. rescue breathing and chest compressions) are introduced in Overdose/Poisoning Recognition and Response Training, but mastery of these skills requires full CPR training. Both trainings are recommended for lay-responders.

## Basics of Psychoactive Substances

Psychoactive substances can be classified based on the effect they have on the body. The diagrams on the right show the classification of some common substances.

Depressants (or downers) tend to slow the body down (including breathing) and can make people sleepier.

Opioids are a special class of depressant. They may be prescribed or used illegally to reduce pain, manage opioid dependence or produce a state of euphoria/relaxation. Common opioids include heroin, fentanyl, morphine, methadone, codeine and oxycodone.

Stimulants (or uppers) tend to speed the body up (including heart rate) and can make people feel more alert.

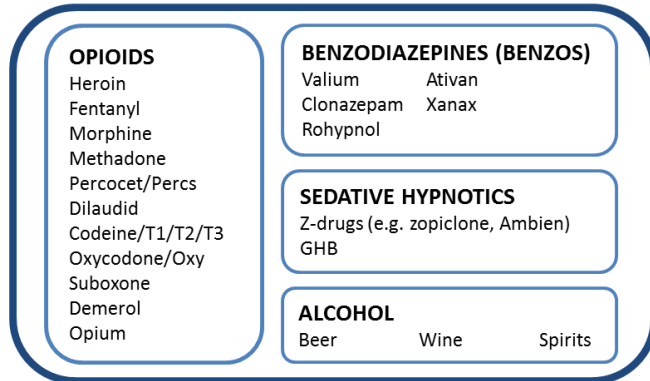
Hallucinogens are drugs that can cause hallucination.

Most people have taken depressants and stimulants at some point in their life, and many use them regularly [e.g. alcohol and coffee (caffeine)].

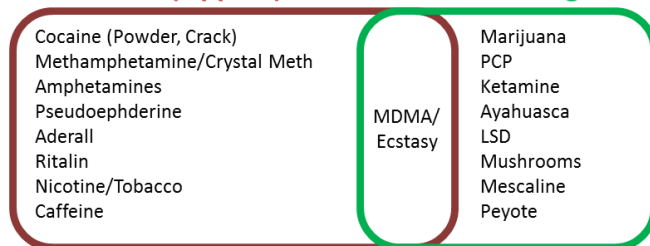
### Overdose, Poisoning, and Drug Toxicity: Terminology

The terms “overdose”, “poisoning”, and “drug toxicity” are used interchangeably at times but they have different underlying meanings. The term “overdose” implies that a person took too much of a known substance, either intentionally or unintentionally in error. However, street drugs are often poisoned with additives and adulterants (e.g. fentanyl or benzodiazepines) that people had no intention to consume. Therefore, the terms “poisoning” or “drug toxicity” are often more accurate for describing the harms people experience from these substances. Although the people we serve may use the term “overdose,” this manual primarily uses the term “drug toxicity” in reference to overdose and poisoning.

#### Depressants (Downers)



#### Stimulants (Uppers)



## Risk Factors and Prevention

### What is drug toxicity?

Drug toxicity (overdose/poisoning) is when the body is overwhelmed by exposure to a toxic amount of a substance or combination of substances. The body becomes unable to maintain or monitor functions necessary for life, like breathing, heart rate, and body temperature regulation. Not everyone who experiences drug toxicity will die; however, there can be long-term medical impacts, such as brain damage from lack of oxygen.

*Anyone can overdose regardless of their substance use history.*

Anyone can experience drug toxicity regardless of their substance use history (including prescription substances). Drug toxicity risk is complicated and depends on interaction between several factors. Drug toxicity risk can increase or decrease depending on the substance(s) taken, how the substance is taken, the setting where use occurs and characteristics of the individual. Risk is very individualized. If several different people use the same amount of the same substance, it might affect them all differently.

The risk factors for drug toxicity are shown in the diagram to the right. One of the most common risk factors is lower tolerance for a drug, which can occur because someone is new to use, or has not been using as much recently (e.g. has recently been released from prison or detox/treatment or hospital). Tolerance is discussed in more detail on pages five to six.

### **Risk Factor – The Substance(s) Taken**

#### *Mixing*

Taking more than one substance (including alcohol and over the counter and prescription medications) over a short period of time substantially increases drug toxicity risk. In fact, the majority of unintentional fatal overdoses involve multiple substances, including alcohol and prescribed medications.

People may mix substances because they are unaware of the risk, or because it intensifies their high. Taking more than one downer (including opioids, alcohol and prescription benzodiazepines [benzos] like Xanax) increases the risk of drug toxicity. All drugs in this class decrease the rate of breathing. Despite common beliefs, stimulants will not cancel out the effects of depressants. In fact, people who use speedballs (mix uppers and downers) are at higher risk because the body has to process more drugs. Stimulants cause the body to use up more oxygen and depressants reduce the breathing rate.

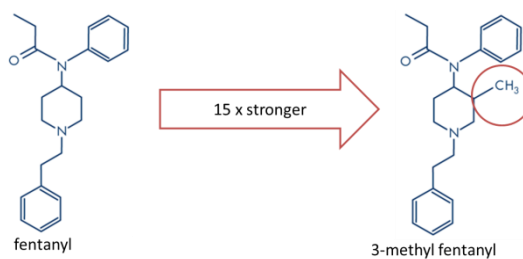
#### *Quantity Taken*

Drug toxicity can occur if the drugs taken (including alcohol) build up faster than the body can break them down (metabolize). This can occur by taking too much, or too frequently, or if someone is unaware of how long a specific drug lasts in the body. Some drugs are harder to measure a specific dose (e.g. GHB, fentanyl) or may have varying time release mechanisms

(immediate vs. extended). Most benzodiazepines and some opioids like methadone stay in the body longer than naloxone. Many opioids come in both immediate release and sustained release formulations – however, the rate at which the drug is “available” may differ depending on the route of administration (e.g. injecting a sustained release medication may have a more toxic effect than swallowing it). Finally, the actual amount of the active drug may vary depending on how much it has been cut or buffed, making it hard to determine quantity from sample to sample.

### Strength and Poisoning

Substances can have unknown content/adulterants due to processing (e.g. fentanyl sold as heroin/down, PMMA sold as MDMA). Other substances can be added before sale to the consumer either to expand the amount of product or to enhance the effects of the drugs. However, sometimes drugs are not cut prior to sale. A specific substance can have “analogues” – substances that have similar chemical structure but may differ in strength. For example, some analogues of fentanyl (e.g. carfentanil) are stronger, while others are less strong. It is impossible to tell what is present in the drugs you purchase without scientific equipment.



## THE SUBSTANCE(S) TAKEN

Risk Factor	Overdose/Poisoning Prevention Tips
<b>Mixing</b>	<ul style="list-style-type: none"> <li>• use one drug at a time</li> <li>• if you intend to mix, use opioids before alcohol or benzos, and reduce the amount of each substance you take</li> <li>• let people around you know how much and what you are taking</li> </ul>
<b>Quantity Taken</b>	<ul style="list-style-type: none"> <li>• wait before taking another dose, knowing it can take longer to feel the effects of some drugs</li> <li>• not all opioids are created equal - practice caution when substituting or transitioning from one opioid for another</li> </ul>
<b>Potency/Quality/Cut</b>	<ul style="list-style-type: none"> <li>• test your drugs by doing small amount at first, “two in the arm is better than one in the ground, [in the grave]”.</li> <li>• take the tourniquet off before depressing plunger, stop half way to see the effects, inject less if it feels too strong.</li> </ul>

## Risk Factor – The Way the Substance is Taken

Regardless of how you take a drug, if you use enough of that drug in a short period of time drug toxicity (overdose) is possible. However, some ways of taking drugs are more likely to result in an overdose than others. In general, the faster a drug hits blood stream (i.e. injecting or smoking), the greater the risk of overdose. A fast injection into the vein will affect the body more quickly and intensely than ingesting (i.e. taking by mouth or swallowing); however, you can still overdose even if you don't inject.

*Regardless of how you take a drug, if you use enough of that drug in a short enough period of time, drug toxicity is possible.*

### THE WAY THE SUBSTANCE IS TAKEN

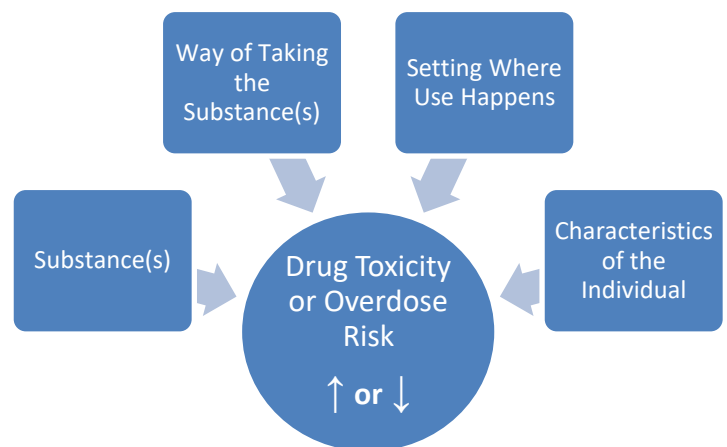
Risk Factor	Overdose/Poisoning Prevention Tips
<b>Route of Administration</b>	<ul style="list-style-type: none"><li>• Be careful when changing routes – you may not be able to handle the same amount.</li><li>• Consider transdermal (e.g. place in armpit), snorting, smoking or ingesting rather than injecting.</li></ul>

## Risk Factor – Individual Characteristics

### Tolerance

Individuals have lower tolerance (and higher risk of overdose) when they have:

- taken a break from using (or have not been using as much or as often as usual)
- recently been in detox/treatment
- recently been incarcerated
- recently been in hospital
- recently started using
- lung, liver and other health issues (e.g. asthma, Chronic Obstructive Pulmonary Disease (COPD), Hepatitis C)



### Health Status

The health of an individual can increase risk for drug toxicity. For example, the following conditions can increase risk:

- liver, kidney, and respiratory problems (e.g. hepatitis, COPD, asthma, smoking)

- compromised immune system (e.g. HIV)
- high blood pressure, heart disease, diabetes
- infections
- sleep deprivation, dehydration, malnourishment
- mental health status can all play a part in overdose/poisoning situations
- recent history of overdose/poisoning

## INDIVIDUAL CHARACTERISTICS

Risk Factor	Overdose/Poisoning Prevention Tips
<b>Reduced Tolerance</b>	<ul style="list-style-type: none"> <li>• use less</li> <li>• go slow</li> <li>• do testers (try a small amount first)</li> <li>• change route of administration (injecting to snorting or swallowing drugs) until tolerance is developed</li> </ul>
<b>Health Status</b>	<ul style="list-style-type: none"> <li>• eat, drink fluids like water, sleep</li> <li>• seek health care regularly as appropriate</li> <li>• use less when you have been sick, lost weight, or feeling down – doing more to “feel better” is a risk factor for overdose</li> </ul>

### ***Risk Factor – Setting of Use***

Research shows using alone or in an unfamiliar environment can increase the risk for a fatal drug toxicity. Potential for risk is created and heightened by social environments; lack of stable shelter, colonialism, having to inject in public, poverty, irregular drug supply, incarceration, and unsupported mental health all put people at greater risk for overdose/poisoning.



## General Prevention Messages

- Call 911 (or your local emergency response number) if you witness or experience an overdose. The *Good Samaritan Overdose Protection Act* will protect those involved from drug possession charges or breach of probation/pre-trial release charges.
- Get naloxone and overdose training before using – bring a friend. Naloxone kits are available at no-cost at many sites located throughout the province. For locations, visit [Street Connections: Overdose/Poisoning](#)
- Be aware that benzodiazepines don't respond to naloxone
- Do not use drugs alone or behind a locked door. Have a designated responder: Stagger use with friends so someone can respond/call 911 if needed
- Use a less direct route when you take drugs. Injecting a drug is the most direct and dangerous route.
- If you mix drugs, reduce the amount of each drug you take and use opioids before benzos or alcohol. Use the most unpredictable drug first.
- Use one drug at a time, test your drugs every time by doing a smaller than usual test amount first
- Wait before taking another dose – some drugs take longer to take effect
- The amount of naloxone in a take-home kit may not be enough to reverse very powerful overdoses, such as those caused by fentanyl-like drugs.
- Be aware that many drugs are being adulterated with strong opioids, even stimulants like cocaine and crystal methamphetamine.
- Use in a space where you are safe and don't have to rush.
- Administer naloxone if someone appears to overdose. It will not cause harm, and if the overdose is due to a mixture of substances, naloxone will take any opioid out of the picture.

## Drug Toxicity Recognition and Response

Drug toxicity (overdose/poisoning) is when the body is overwhelmed by exposure to something, in this case a toxic amount of drug or combination of drugs which cause the body to be unable to maintain or monitor functions necessary for life. These are functions like breathing, heart rate, and regulating body temperature.

### Stimulant Toxicity

If the individual *is conscious* and experiencing “over-amping”, or mental distress (i.e. crashing, anxiety, paranoia) linked to stimulant use and sleep deprivation from stimulant use:

- stay calm, remain with them, encourage them not to take any more substances, and

- move away from activity and noise
- give water or other non-sugary, non-caffeinated drink to help replace lost electrolytes. Do not over-hydrate.
- place a cool wet cloth on forehead, back of neck, armpits

*If the individual has symptoms of stimulant toxicity, including rigid or jerking limbs, in and out of consciousness, seizures, rapidly escalating temperature and pulse, or chest pains – this is a medical emergency. **Call 911 immediately.***

If the individual has symptoms of **stimulant toxicity**, including rigid or jerking limbs, in and out of consciousness, seizures, rapidly escalating temperature and pulse, or chest pains – this is a medical emergency. Call 911 immediately. The person needs immediate medical attention!

While waiting for the ambulance to arrive:

- Stay with the individual for support, encourage hydration, and stay calm.
- Do not give them anything by mouth if they are unconscious.
- If they are having a seizure make sure there is nothing around them that can hurt them. Do not put anything in their mouth or restrain them.

**There is no antidote to stimulant toxicity. Naloxone will not have an effect on stimulants.** If the heart has stopped, provide CPR. Tell medical professionals as much as possible so they can give the right treatment to prevent organ damage and death.

### Opioid Toxicity

Opioid toxicity may involve the following signs and symptoms:

- **slow, shallow, irregular or no breathing** – less than one breath every five seconds
- **unresponsive** – can't be woken up (*If the person is unconscious and not responding and you think an opioid was used, it's time to give naloxone*)
- unusual snoring, gurgling sounds, choking
- blue lips or nails, pale cold or clammy skin
- tiny pupils

### What is naloxone?

Naloxone, is an antidote to an opioid overdose/poisoning. It temporarily reverses the life-threatening slowed breathing from opioid toxicity. It does not work for non-opioid overdoses (like cocaine, ecstasy, crystal meth, or alcohol).

However, if an overdose/poisoning involves multiple substances, including opioids, naloxone helps by temporarily removing the opioid from the equation. You can give naloxone by injection into a muscle, or intranasally (sprayed into the

Naloxone acts fast, (usually within 3-5 minutes), and the protective effect lasts for 20 to 90 minutes.

nostril). In Manitoba, the Take Home Naloxone program supplies injectable naloxone – a detailed description of how to administer an intramuscular injection of naloxone will follow this section of the manual.

Both naloxone and opioids bind to the same sites in the brain, and these sites affect breathing. However, naloxone binds more tightly than the opioids, knocking the opioids off the receptors and restoring breathing (see Figure 1). Naloxone acts fast (usually within three to five minutes), and the protective effect lasts for 20 to 90 minutes. The body will have broken down some of the opioids during that time, but naloxone does not destroy the opioids. So, if large doses of highly toxic opioids (like fentanyl), or long-acting opioids (like methadone) are involved, or the individual has liver damage, more doses of naloxone may be needed. In Manitoba, each take-home naloxone kit contains four doses of naloxone. It is always important to call 911 when someone experiences drug toxicity, and to stay with the person.

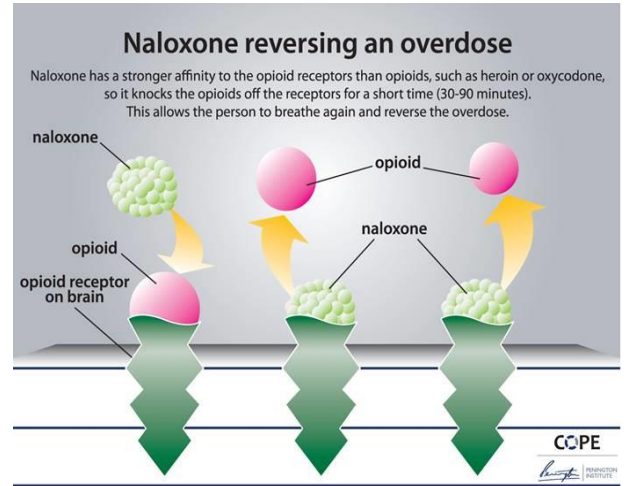


Figure 1

Naloxone is light sensitive, so should be stored out of the sunlight and at room temperature. See more about [Caring for Your Naloxone Kit](#).

Check the expiry dates of the naloxone periodically; it lasts about two years. If the naloxone gets close to the expiry date, you should properly dispose of the naloxone and recycle/reuse the other components of the kits where possible. Do **not** return the expired kits. The expiry date can be found on a sticker on the outside of the kit, or on the ampoule (Figure 2).

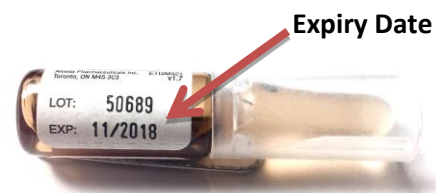


Figure 2

## Responding to Opioid Toxicity

Some trainers/educators find the SAVE ME acronym helpful for teaching the steps involved in responding to opioid toxicity. Brief instruction on how to recognize and respond to opioid toxicity can be found on the insert inside the naloxone kit. The steps involved in responding to an opioid overdose will now be described in greater detail.



**Stimulate**  
 Unresponsive?  
**CALL 911**



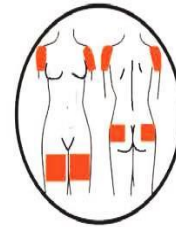
**Airway**  
 Check for  
 objects



**Ventilate**  
 If not breathing  
 or barely  
 breathing,  
 commence CPR:  
 30 chest  
 compressions: 2  
 breaths



**Evaluate**



**Medication**  
 1 dose of naloxone  
 Muscular Injection



**Evaluate**  
 Wait 5 minutes.  
 Another dose?

### Stimulate: If Unresponsive call 911

If you suspect someone is in opioid toxicity, start by stimulating them to confirm that they are unresponsive. **Shout** at them – use their name if you know it. Next do a



**sternal rub** (make a fist and rub your knuckles along the person's breast bone) or pinch the webbing between their thumb and fingers to see if they respond to pain. You should always tell someone what you are going to do before you touch them. If the person does not respond to sound or pain, then it is a medical emergency. Call

911 or your local emergency response number.

If you are alone, you can put the phone on speaker. 911 dispatchers will walk you through the steps of managing an overdose – including how to perform CPR. See additional information on the [Good Samaritan Drug Overdose Act](#) which provides legal protection from certain drug possession charges when calling 911 in an overdose/poisoning event.

### Assess Airway and Breathing

Is the person breathing? Look for the chest to rise. Normal rate is 1 breath every 5 seconds or 10-12 breaths per minute. Check the person's mouth for any obstructions. Items like gum, dentures, or a syringe cap could be preventing the person from breathing properly. Remove any obstructions. Once you've confirmed the mouth is clear, tilt the person's head back – this opens

their airway. Check for other signs of poor breathing like blue/grey skin, lips or nails. If they are breathing normally, support them until emergency services arrive.

### Ventilate: Rescue Breathing

If the person is not breathing normally, the next step is to give two rescue breathes for the person before giving naloxone. A mask is available in the Take Home Naloxone kit to provide a barrier – you can use a piece of clothing instead if you do not have a mask. To give breaths, keep the person’s head tilted back, pinch their nose, and give them two normal sized breaths. You should be able to see their chest rise with each breath. Opioid toxicity slows breathing, decreasing oxygen to the brain. By doing rescue breathing you help keep oxygen going to the person’s brain until the naloxone takes effect.



### Evaluate

Sometimes giving a few breaths is enough for the person to regain consciousness. If they are still unresponsive, **it is time to give naloxone if you have it.**

If you have two responders available, one person can give the naloxone while the other person provides CPR. If there is only one responder, give the naloxone first, then start CPR. If you do not have naloxone, you may still save the life of someone who has overdosed on opioids with CPR and calling 911 if the overdose was very recent.

**Chest Compressions:** To give chest compressions, place the heel of one hand on the breast bone in the center of the chest between the nipples, place your other hand on top of the first hand, push hard and fast 30 times, about two inches deep, and let the chest come all the way up between pumps.

CPR includes chest compressions and rescue breaths until first responders arrive [cycles of 30 compressions: two breaths]. 911 will instruct you how to give CPR.

If there is an Automated External Defibrillator (AED) nearby it should be used. The AED can tell if the person’s heart is still beating, and can shock the heart if required.

*If you do not have naloxone, you may still save the life of someone who has overdosed on opioids if the overdose was very recent. Stimulate to confirm they are not responsive, and call 911. Check their airway, and provide CPR [30 chest compressions: 2 breaths] until first responders arrive.*

## Muscular Injection

Naloxone comes in glass ampoules that need to be snapped open. Hold the ampoule by the top and swirl to bring all the medication to the bottom. Gently but firmly bend away from the coloured dot on the neck to break the ampoule open. The plastic amp breaker can be slid on to protect your fingers. You can watch a video on how to open a naloxone ampoule here:

<https://youtu.be/3o-E26rmWA?t=2m10s>

Remember – if you have another responder available, they should be doing CPR in the meanwhile.



Draw up all of the liquid into the syringe – make sure the needle tip is at the bottom of the ampoule so you get all the medication. To remove the air, turn the syringe so the needle is pointing up and push the plunger in until most of the air is gone. It is OK to leave a little air because you are injecting into a muscle. Firmly put the needle straight into a large muscle

(preferably the thigh, but the upper arm is also okay) at a 90 degree angle. The needle will go right through clothes. Push the plunger in until you hear it click – this is the needle retracting into the syringe.

Training kits are available by order to THN distribution sites to support training for service recipients (including individual or group training events). This provides an opportunity for service recipients to practice or observe: opening a water ampoule using the ampoule breaker; drawing up the contents into the syringe; and observing the automatic retraction of the needle when the plunger is fully depressed (safety-engineered needles).

## Evaluate

Naloxone can take three to five minutes to work, so waiting between doses is important. Monitor the person to see if they respond to the naloxone. Do they start breathing again? Do they regain consciousness? Keep providing CPR (30 chest compressions: 2 breaths).

If the person has not regained consciousness within three to five minutes (approximately seven cycles of CPR) then you can give a second dose of naloxone by injection into the same muscle area.

Monitor the person for three to five minutes (seven cycles of CPR) after each dose is given. If the person does not regain consciousness, repeat the same process with a third dose of naloxone, and continue with further doses (if available) until you run out of Naloxone. Most

overdoses will be reversed with one or two doses of naloxone, but occasionally a very strong overdose may require more naloxone than is in the kit. Overdoses that are not caused by opioids will not respond to naloxone. Calling 911 is important for these reasons.

While naloxone is a safe medication, individuals who are dependent on opioids may experience unpleasant withdrawal symptoms like pain, sweating, agitation and irritability. For this reason, it is important to give the lowest dose of naloxone required to reverse the overdose.

## The Recovery Position

If you have to leave an unconscious/unresponsive person at any point, put them in the recovery position. This helps to keep the airway clear from their tongue or vomit allowing them to breathe properly. Slowed breathing can cause the lungs to fill up with excess fluid – if you are not actively working on an individual (giving CPR or administering naloxone) put them in the recovery position.



To put someone in the recovery position, hold the leg and arm on the side of their body closest to you and **roll them away from you**. In the picture above it is the **right leg** and the **right arm** that get bent

## Aftercare

It is important to stay with someone after giving naloxone because:

- The person may have no memory of overdosing or receiving naloxone when they wake up. Gently explain to them what happened.
- The person may experience withdrawal symptoms and want to take more drugs. The person should be discouraged from using more opioids or other drugs for at least two hours. Symptoms of withdrawal sickness will start to wear off in half an hour. Using more opioids will be a “waste”. While naloxone is in their system it blocks opioids from getting to receptors and they will continue to feel sick; using more opioids will also make the overdose/poisoning more likely to return when the naloxone wears off.
- It is helpful to be there to tell the emergency response team as much as you know – what drugs the person took, and what actions you have taken so far.



## **Responding to a non-opioid depressant drug toxicity**

Non-opioid depressant toxicities (e.g. Xanax, alcohol, GHB) look like opioid toxicities (since opioids also act as depressants). If you are certain that someone has not taken opioids, support the person similarly to an opioid toxicity without the administration of naloxone. In other words, call 911 or your local emergency number and provide CPR. Naloxone only has an effect on opioid drugs. However, if the overdose/poisoning involves multiple substances including opioids, it will temporarily take opioids out of the picture and if opioids are not involved, administering naloxone will not be harmful (it will have no effect).

## **Chest Compressions and Rescue Breathing**

Most overdose response programs recommend giving rescue breaths because opioids affect breathing first. If a person stops breathing, the heart will eventually stop. Therefore, getting oxygen into the body is the first priority (rescue breathing) but circulating that oxygen through the body (chest compressions) is also necessary. The longer the person goes without oxygen, the more likely the heart will stop. For these reasons, this training manual introduces rescue breathing **and** chest compressions as part of a comprehensive response to opioid overdose.

It is important to note that chest compressions and rescue breathing are challenging skills that take time to master. These skills are developed through CPR training. Overdose/Poisoning Recognition and Response training is designed to be brief and low-threshold, and focuses on the administration of naloxone. CPR training is encouraged in addition to Overdose/Poisoning Recognition and Response training. However, CPR training takes longer, and is generally less accessible – so is not required in order to be eligible for a free take-home naloxone kit. When someone calls 911 (or local emergency response number) in a drug toxicity emergency, the dispatcher will support the person who called by providing instructions on rescue breathing and chest compressions.

## **Caring for your Naloxone Kit**

People who receive take-home naloxone kits should be encouraged to store their naloxone at room temperature, and the naloxone ampoules should be kept out of direct sunlight. There is a growing evidence that naloxone may be stable for short periods through a wide temperature range, including as low as -20C to +30C. However, if the ampoule freezes this may cause hairline cracks, and the naloxone may become contaminated with bacteria or oxidize.

- During hot weather avoid leaving your naloxone in a car for an extended period of time.



- If you carry naloxone in the winter keep your naloxone kit near your body such as in a pocket or attached to your belt under your jacket or coat. Do not leave your kit in a backpack outside or in a car for a long time where temperature may be sub-zero for extended periods.

People whose kits were exposed to extreme heat (e.g. +30 C) or cold (e.g. -20 C or colder) for more than 24 hours should have their kits replaced. If there is any doubt, it is safest to replace the kit.

If the **only naloxone available is known to have been outside recommended temperatures** (or is past its expiry date) **use it**. It may not be as effective but **do not delay** and wait for additional help to arrive. If someone is having an opioid overdose/poisoning they need naloxone as soon as possible.

## Legal Considerations

Liability related to various aspects of naloxone is a common concern. There are no known cases of legal action related to naloxone in Canada. A bystander who provides voluntary emergency first aid, including administration of naloxone, is protected from liability by the Manitoba [Good Samaritan Act](#). Note: this is different from the **Good Samaritan Drug Overdose Act**.

*A bystander who provides emergency first aid, including administration of naloxone is protected from liability by the Manitoba Good Samaritan Act.*

## The Good Samaritan Drug Overdose Act

This enactment amends the Controlled Drugs and Substances act to exempt persons seeking medical or law enforcement assistance for themselves or others at an overdose from being charged for simple possession or for violation of pre-trial release, probation order, conditional sentence or parole related to simple possession, if the evidence in support of that offence was obtained or discovered as a result of seeking assistance or remaining at the scene. This applies to any person at the scene upon arrival of assistance, including the person who overdosed.

The law does not provide protection from charges for, selling illegal drugs (trafficking), offences other than drug possession, any outstanding warrants or arrests and violation of pre-trial release, probation order, conditional sentence, or parole for an offence other than simple possession.

*The Good Samaritan Drug Overdose Act protects people from drug possession charges if they witness or experience an overdose and call 911 for help.*

## Naloxone Scheduling in Manitoba

Naloxone is available without a prescription. In December 2020, Manitoba became the fourth province in Canada to un-schedule naloxone and make this lifesaving drug more accessible to

Manitobans. This means that any retailer, not only pharmacies or a registered health care provider, may now sell and/or distribute naloxone. For more information visit the College of Pharmacists of Manitoba webpage at: [Regulation Amendment Increases Public Access to Naloxone | College of Pharmacists of Manitoba \(cphm.ca\)](https://www.cphm.ca/regulation-amendment-increases-public-access-to-naloxone)

For the Manitoba Take-Home Naloxone Program, the change in naloxone scheduling means that regulated health care providers are no longer required at the point of naloxone distribution. Community-based organizations that serve people at risk of opioid overdose or poisoning are eligible to register as distribution sites. For more information about becoming a distribution site see [Information for Registered Take-Home Naloxone Distribution Sites in Manitoba](#).

## Training Videos and Resources

Please note that chest compressions may not be included in the overdose response steps covered in these videos.

For the Public:

- Naloxone Saves Lives (12:49 min) <https://vimeo.com/164669763>
- Naloxone Wakes You Up (*youth focused*) (6:29 min) <https://vimeo.com/180116125>
- SAVE ME Steps to Save a Life (3:21 min) <https://vimeo.com/185012011>
- How to open an ampoule <https://youtu.be/3o-E26rmWA?t=2m10s>

Additional Training Resources:

- British Columbia, Toward the Heart website, Quick Learn: Naloxone Administration (15-25 minute interactive lesson) <https://towardtheheart.com/naloxone-course>
- Opioid Response Training by St John Ambulance <https://reactandreverse.ca/>

## Where can you get naloxone?

In Manitoba, there are over 180 Take-Home Naloxone distribution sites which offer free take-home naloxone kits and training to members of the public who are at risk of an opioid overdose/poisoning or a friend or family member of a person at risk.

<https://www.gov.mb.ca/health/publichealth/naloxone.html>

Additionally, anyone can purchase a naloxone kit at any community/retail pharmacy or store that have naloxone kits for sale.

Naloxone for use in the workplace is not publicly funded under Manitoba's Take-Home-Naloxone program. Please contact your employer about purchasing naloxone for use in your

workplace, including nasal spray formulations of naloxone. It is the responsibility of each organization or employer to determine their organizational workplace overdose prevention and response procedures, staff training standards, and criteria for naloxone use.

Naloxone and training for some types of organizations are available through [St John Ambulance](#). For additional information see [Overdose Prevention and Response Recommendations for Service Providers](#)

## Introduction to the Manitoba Take-Home Naloxone Program

The Manitoba Take-Home Naloxone kits contain:

- instruction sheet (French and English)
- alcohol Swabs
- gloves and a breathing mask to protect the responder
- four Vanish Point® syringes
- pill bottle containing four ampoules of naloxone
- four ampoule breakers



### Information for Registered Take-Home Naloxone Distribution Sites in Manitoba

Sites must provide service to the general public or a specific priority community or population.

**To apply to be a distribution site, or access any of the naloxone program forms**, please visit <https://www.gov.mb.ca/health/publichealth/naloxone.html>

For questions regarding the distribution program, please email [naloxonekits@gov.mb.ca](mailto:naloxonekits@gov.mb.ca)

### Distribution Criteria

- Take home naloxone kits are available for distribution to members of the public who are at risk of opioid toxicity AND family or friends who may witness opioid toxicity.
- Proof of risk is not required to receive a kit. If they are a concerned member of the public and want to have a kit on hand to be able to help someone else, they can have a kit.
- A maximum of 2 kits per person may be distributed to support peer-to-peer distribution and to reach people who may not attend distribution sites
- Kits must be provided at no cost to service recipients
- Take-home naloxone kits are **not** for distribution to businesses, health care providers, or other organizations for use in the workplace

### Who can distribute kits and provide training?

Distribution sites must create their own site-specific procedure for naloxone distribution and orient their service staff. Distribution sites will determine who will provide services at their sites. Health care providers are not required at distribution sites. Anyone who distributes a kit is considered a trainer, and should be familiar with the content of this training manual.

Providing an individual with a kit should always be accompanied with an offer for training.

Clients attending distribution sites may already know how to safely and appropriately administer naloxone, therefore a brief knowledge assessment may be all that is required. Training time can vary depending on the individual's experience and knowledge, but takes approximately 10 minutes on average. Training is not mandatory and can be refused by the individual. If training is required it should include:

- Factors that can increase or decrease risk of overdose
- Signs of a suspected opioid overdose/poisoning
- How to respond to a suspected opioid overdose including:
  - how to communicate with 911 and why it is important to call
  - how to prepare and administer naloxone
  - recommendations for rescue breathing, chest compressions, and how to evaluate and support a person after naloxone was given

There are training videos, documents, checklists and tools that you use (see [Training Videos and Resources](#)). Always open a kit and ensure that all contents of the kit are there before handing it out. Note the expiry to ensure it is up to date.

### **Guidance for Documenting the Take-Home Naloxone Distribution Encounter**

The following guidance on documentation was developed in consultation with the College of Registered Nurses of Manitoba, and the Canadian Nurses Protective Society.

For health or other service providers, if there is an existing health record, if there is an ongoing care relationship, or if care is already being provided and documented for another reason; documentation of the opioid risk assessment and naloxone distribution encounter in the health record is recommended.

If the client/service recipient attends the site specifically and only for a take-home naloxone kit, and no other care is provided, the creation of a health record is not required, especially if collecting personal health information and recording the encounter would create a barrier to naloxone access. However, the basic details of care should be documented in order to provide a

record of service and standards of care including: date of service, service provider, documentation that client had adequate knowledge to recognize and respond to an opioid toxicity, including the safe and appropriate administration of naloxone. This documentation should be retained according to health record retention requirements.

See [Sample Take Home Naloxone Distribution Record](#)

### **Considerations for the Service of Youth and Families**

This information addresses concerns about a service provider's duty to report when providing naloxone

kits to youth, or families or households with children.

A duty to report relies on the belief that there is risk of neglect or imminent harm to a child or youth. Service providers must therefore be alert to signs of child neglect or abuse with the intent of protecting children and youth safety and well-being. In addition to external protocols and legislation, such as the [Child and Family Services Act of Manitoba](#), organizations may have internal procedures to provide guidance and clarity on your specific role in the duty to report.

While we encourage providers to use their judgement informed by evidence, it is important to understand that naloxone is not an indicator of imminent harm or neglect and therefore requesting a naloxone kit is not a direct indicator of a duty to report. Individuals may be seeking naloxone for themselves or someone else, and to ensure the Take Home Naloxone (THN) program remains low-barrier, people are not required to disclose the reason for obtaining a kit.

Naloxone administration saves lives and is safe for people of all ages. Opioid toxicity can affect anyone and the harms are impacting families and communities across the province. It is important that everyone is informed of services available to them, including take-home naloxone. It is recommended that anyone who is likely to experience or witness an overdose to carry a kit, including parents, guardians and youth. With that in mind, and because of the significant burden of harm arising from opioid drugs, it is important to consider the risks associated with not having naloxone readily available and to understand naloxone is not an indicator of imminent harm or neglect.

An additional opportunity arises when someone presents for a naloxone kit as it is an additional point of contact with the health system that may not have happened otherwise. Service providers are encouraged to use that opportunity to support the agency and autonomy of people in creating a safety and response plan in the event of an emergency and provide them with the tools needed to be active members of their communities.

## Reporting Requirements for Distribution Sites

The overall number of kits distributed monthly, AND the number of kits reported used (even if the Overdose/Poisoning Response Form is not completed) are to be reported to the province **quarterly** on the [Take-Home Naloxone Kit Tracking Reporting Form](#) (also see form completion [Instructions](#)).

When take-home naloxone kits are reported used, service recipients will be asked if they are willing to provide anonymous information about the event, using the [Overdose/Poisoning Response Form](#) (also see form completion [Instructions](#)). These forms should be submitted to the province as soon as possible.

New orders may not be filled if reporting requirements are not met.

## Naloxone Kit Ordering from Manitoba's Provincial Distribution Warehouse

Public health offices who use the Public Health Information Management System (PHIMS) can order their naloxone kits directly through PHIMS. Please ensure that requisitions for naloxone kits and training kits are created separately from your vaccine requisitions. Other sites use the [Naloxone Kit Order Form](#). Sites are required to include their Client ID number when using the order form.

**Take-home naloxone Training kits include:** 1 x water ampoule, 1 x Vanish Point 3 ml syringe with 1 inch needle, 1 ampoule breaker.

- Training kits or kit components cannot be distributed to service recipients (water ampoules may be mistaken as naloxone)
- Training kit orders from THN distribution sites cannot exceed the number of kits ordered per quarter

## General notes for sites about supplies

- Always use oldest supply first to prevent product expiry. Naloxone kits should be stored between 15 and 30°C.
- Check the expiry of each kit before providing to clients.
- Naloxone kits within 3 months of expiry **should not be provided** to clients. Please do not return expired kits to the Provincial Distribution Warehouse. Remove and discard the expired naloxone ampoules from the kit as per your facilities protocol. Repurpose the remaining supplies as you see fit (e.g. use as training materials)
- Naloxone kits have a lot number stickered on the outer case that refers to the assembly of the kit by the supplier. This lot number will be different than the medication lot number on the ampoules of naloxone.
- Training supplies are ordered separately as required.

- Distribution sites that experience a situation where the naloxone has been exposed to temperatures outside the range/s prescribed for storage and or transport are asked to please contact the manufacturer below:

**Teligent**

**5995 Avebury Road, Suite 804**

**Mississauga, Ontario, Canada**

**L5R 3P9**

**T 416.485.6995 / 800.656.0793**

**M 416.268.9508**

**F 416.485.8352 [www.teligent.ca](http://www.teligent.ca) [Naloxone Product Monograph](#)**

**How much to order**

- Rural distribution sites are encouraged to order a 2 to 3-month supply in November/December to avoid ordering during the coldest months of the year when ambient shipping is difficult.
- MHSC will follow up with sites placing unusually large orders, or unapproved sites attempting to order.

**Ordering and receiving supplies from the Provincial Distribution Warehouse**

- After hours, emergency supply access is not available for naloxone kits
- To avoid disruption of services, please plan ahead to ensure sufficient stock on hand for the next month
- Delivery time is approximately 3 business days in Winnipeg and 4 business days for rural from the date of order approval
- Order cut off is 3pm daily, after which the order is considered submitted the next working day
- Please check your order on receipt to ensure you received the correct quantities and supplies in good condition. If you notice discrepancies, please call the Provincial Distribution Warehouse at **204-948-1333** or **Toll-Free: 855-683-3306**

**FOR RURAL DELIVERIES RECEIVING AMBIENT SHIPPING ONLY (winter months):**

- The facility/site must call the Provincial Distribution Warehouse when the shipment is received and let the warehouse know if the monitor was flashing green (OK) or red (alert). If flashing red, product is to be held until the warehouse calls to release it.
- Packaging and monitor must be returned to the Provincial Distribution Warehouse. A charge of **\$150 may result if it is not returned.**

**Learning Objectives Checklist:** Here is a checklist that summarizes material covered by this manual.

☑ TOPIC	IMPORTANT DETAILS
<input type="checkbox"/> <b>Overdose/Poisoning Prevention</b>	<ul style="list-style-type: none"> <li>• <b>MIXING:</b> opioids with downers OR opioids with uppers (Prevention: don't mix, or if do, use drugs before alcohol)</li> <li>• <b>TOLERANCE:</b> taking drugs, after periods of non-use or lower use e.g. jail, detox/abstinence, hospital, new use (Prevention: use less at these times)</li> <li>• <b>QUALITY OF STREET DRUGS:</b> unpredictable (Prevention: do testers, go slow, use a consistent reliable dealer)</li> <li>• <b>USING ALONE:</b> behind closed locked door when no-one knows (Prevention: tell someone before you use, leave door unlocked)</li> <li>• <b>HEALTH:</b> liver, breathing problems, lack of sleep, dehydration, infections (Prevention: eat, drink, sleep, see doctor, carry inhaler)</li> </ul>
<input type="checkbox"/> <b>Signs and Symptoms of Opioid Overdose or Poisoning</b> <i>(Naloxone only works for <u>opioid</u> OD – NOT for non-opioid depressants like alcohol or benzos BUT if you don't know, <u>naloxone won't hurt</u>)</i>	<ul style="list-style-type: none"> <li>• e.g. carfentanil, fentanyl, heroin, "down" morphine, oxycodone, Dilaudid, codeine</li> <li>• opioid OD = too much drugs, breathing slows, not enough oxygen to the brain (<b>less than 1 breath every 5 seconds</b>)</li> <li>• <b>Key feature: UNRESPONSIVE &amp; SLOW/SHALLOW/IRREGULAR BREATHS</b></li> <li>• May also observe: (1) blue lips/ fingernails; (2) snoring/gurgling</li> </ul>
<input type="checkbox"/> <b>Signs and Symptoms of Stimulant Toxicity or 'overamping'</b>	<ul style="list-style-type: none"> <li>• e.g. crystal meth, cocaine, crack, MDMA, caffeine, nicotine</li> <li>• chest pains, dizziness, rapid heartbeat, extreme agitation, lots of sweat or no sweat, seizures/convulsions, foaming at the mouth, paranoia, delusions, psychosis</li> <li>• <b><u>MEDICAL EMERGENCY – CALL 911 – NALOXONE WON'T WORK</u></b></li> </ul>
<b>RESPONDING TO AN OPIOID TOXICITY</b>	
<input type="checkbox"/> <b>CONFIRM UNRESPONSIVE</b>	<ul style="list-style-type: none"> <li>• <b>Stimulate</b> with: <b>noise</b> (shout, use their name), <b>pain</b> (ex. sternal rub) – Remember, tell person what you are doing before you touch them</li> </ul>
<input type="checkbox"/> <b>CALL 911 or local emergency response number</b>	<ul style="list-style-type: none"> <li>• Put person in the recovery position if you have to leave them alone. The Good Samaritan Drug Overdose Act protects the caller from simple drug possession charges</li> </ul>
<input type="checkbox"/> <b>CLEAR AIRWAY</b>	<ul style="list-style-type: none"> <li>• Clear airway (is there anything in their mouth?), tilt head, lift chin</li> <li>• Pinch nose and give 2 breaths. If no response: administer naloxone if you have it</li> </ul>
<input type="checkbox"/> <b>GIVE INTRAMUSCULAR NALOXONE</b> <i>(demonstrate if possible)</i>	<ul style="list-style-type: none"> <li>• Swirl ampoule, snap top off, draw up all of the naloxone, remove most of the excess air</li> <li>• Inject into large <b>muscle</b> – <b>THIGH</b>, or upper arm</li> <li>• Inject at 90°, push plunger until you hear a click (needle will retract)</li> </ul>
<input type="checkbox"/> <b>GIVE BREATHS AND CHEST COMPRESSIONS</b>	<ul style="list-style-type: none"> <li>• If the person is barely breathing or not breathing: commence cycles of 30 chest compressions to 2 rescue breaths</li> <li>• 911 will review these instructions</li> </ul>
<input type="checkbox"/> <b>EVALUATE EFFECTS (for 4-5 minutes) &amp; GIVE MORE NALOXONE IF NEEDED</b>	<ul style="list-style-type: none"> <li>• <b>Continue to give breaths FOR 3-5 MINUTES (about 7 CPR cycles)</b> OR until they respond (are breathing again on their own).</li> <li>• <b><u>After 3- 5 minutes, if still unresponsive, give a 2<sup>nd</sup> dose of naloxone</u></b></li> <li>• <b>Continue CPR and naloxone administration every 3-5 minutes</b> until person breathing OR paramedics arrive OR you run out of naloxone (continue CPR only)</li> </ul>
<input type="checkbox"/> <b>AFTERCARE AND CARING FOR NALOXONE</b>	<ul style="list-style-type: none"> <li>• Naloxone wears off in 20-90 minutes. Person will not remember overdosing – explain what happened</li> <li>• If person does NOT go to hospital monitor at least 2 hours and do NOT allow them to take more opioids (could OD again). Naloxone should be stored out of the light at room temperature (15-30 C). Be aware of the expiry date – it is on the ampoule</li> </ul>





## **STATEMENT AGAINST THE DISCRIMINATION OF PEOPLE WHO CARRY NALOXONE**

This statement is in support of the rights of people who carry naloxone or have it in their possession to be free from discrimination and harmful assumptions about their conduct.

People in Manitoba can access take-home naloxone kits in three different ways;

1. Kits can be purchased by any person in a pharmacy or retail store that makes naloxone available for sale
2. Kits can be procured free of charge by any person whose health is covered by National Insured Health Benefits (NIHB) from a pharmacy that makes naloxone kits available – with a dispensing fee charged to NIHB
3. Kits can be accessed free of charge by any person at risk of opioid overdose, or by their family or friends, from a participating provincial take-home naloxone distribution site

A person who carries or has access to naloxone should not be discriminated against because of assumptions based on what carrying naloxone might mean. Take-home naloxone kits are not evidence of problematic drug use, addiction, drug trafficking, child abuse, or child neglect. Many people who have naloxone kits carry them because of their concern for others.

A naloxone kit in a person's possession or in the home should not be used as evidence to obtain a search warrant, detain and/or search a person, apprehend children, evict a person from residence, confiscate the kit, or any other discriminatory harm.