

Have you got your naloxone kit yet? Naloxone kits are free at the pharmacy.

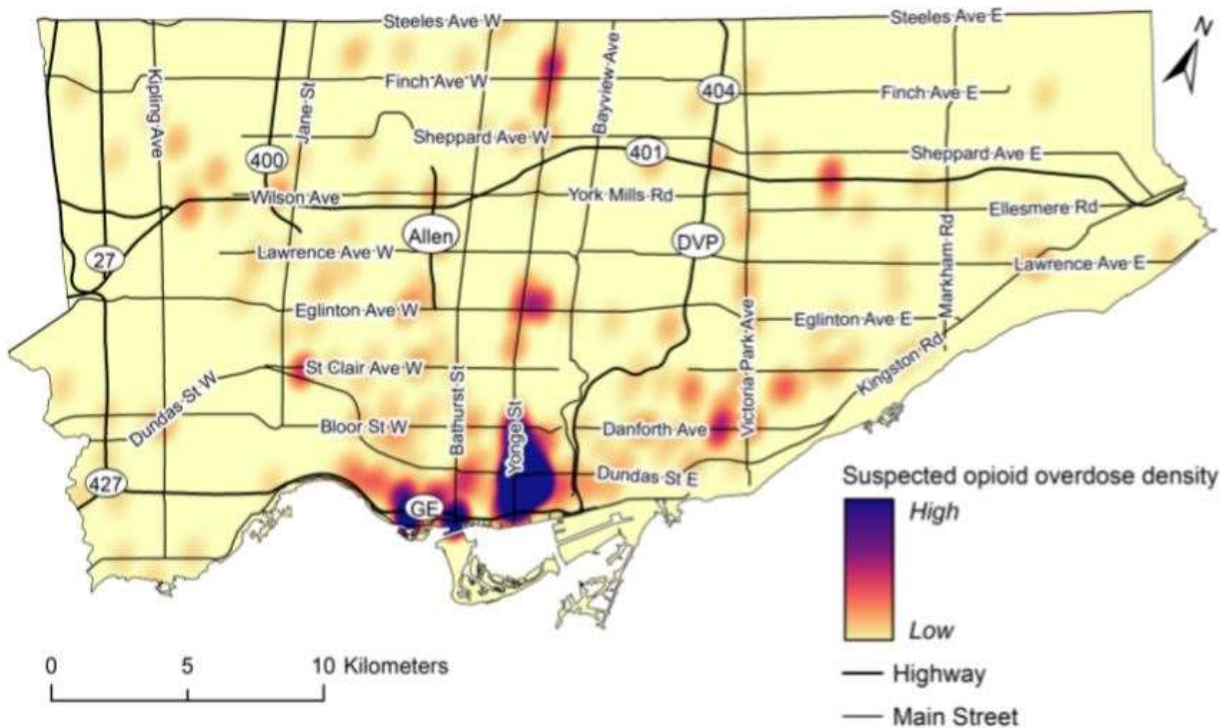
Naloxone kits are **portable pouches containing an opioid antidote** that can be administered through the nose to revive an unresponsive person who is overdosing. The kits include enough medicine to reverse opioid overdoses for 10-15 minutes, allowing time to access emergency services.



Why would I need one – this doesn't happen in my area?

Really – have a look at this map of the suspected monthly overdoses Toronto paramedics attended just during the month of October 2021.

Order several kits and show your grandchildren how to use it.



The opioid crisis is a complex public health issue that has worsened during the COVID-19 pandemic. In Toronto in December, it was reported that there has been an increase in suspected opioid overdoses since the onset of the COVID-19 pandemic with the average number of calls responded to by paramedics rising from 68 per week to 149 per week. Many communities across Canada are reporting record numbers of opioid-related deaths, emergency calls and hospitalizations.

The lack of effective pain management by the health authorities leads many pain sufferers to find relief from street drugs. Street drugs are poisoned with products like fentanyl which leads to overdoses and death.

Did you know that **one in five** Canadians experiences chronic pain and significantly delayed access to treatment? Data from the Government of Canada show that there have been over 17,000 opioid-related deaths, and almost 22,000 hospitalisations, in the last four and a half years. Two-thirds of the deaths were attributable to 20 to 49 year-olds and three quarters of these were males.

Decriminalization alone is not the only answer to the opioid epidemic. Also needed is

- The establishment of a safe supply of opioids to give to addicts as an alternative to poisoning themselves with increasingly toxic fentanyl
- Setting up more safe injections sites
- More counseling
- More consideration to prevention through paying attention to the determinants of health