

# Take Home Naloxone: Learn how to use naloxone

## SHA sites

The Saskatchewan Health Authority's Take Home Naloxone sites provide free training on how to prevent, recognize, and respond to an overdose, including hands-on training on how to use naloxone. You can find a list of sites where training is available by [downloading the Community Listing Poster](http://www.publications.gov.sk.ca/redirect.cfm?p=85696&i=106831). (<http://www.publications.gov.sk.ca/redirect.cfm?p=85696&i=106831>)

## Online Training

**Toward the Heart**, a service of the B.C. Centres for Disease Control, has developed online training modules, videos, and other information on the use of naloxone: <http://towardtheheart.com/naloxone-training>.

Note that there may be some differences between Take Home Naloxone programs and training guidance across jurisdictions. For example, Take Home Naloxone kits in B.C. generally use ampoules of naloxone, whereas Take Home Naloxone kits in Saskatchewan could have ampoules or vials.

**Always call 911 before or immediately after administering Naloxone.**

## We recommend...

Resources from Toward the Heart:

- **Quick-Learn: A 15-20 minute interactive lesson on how to respond to an overdose**  
<http://towardtheheart.com/naloxone-course>  
This interactive online course includes instructions on how to use multiple forms of naloxone, including both ampoules and vials. Note that all syringes in Saskatchewan's Take-Home Naloxone kits are auto-retractable safety syringes.
- **Naloxone Saves Lives (13 minutes)**  
<https://vimeo.com/164669763>  
This longer video talks about naloxone and the history of Take Home Naloxone programs, symptoms of an opioid overdose and how to respond with naloxone (ampoule form), the importance of calling 911 even if naloxone is available, how both prescription and illegal opioids can be deadly, and the dangers of using drugs alone.
- **How to use Naloxone (Narcan) (4 minutes)**  
<https://vimeo.com/185012011>  
This short video covers how to recognize an opioid overdose and how to respond with naloxone (ampoule form).

Note: If you have chosen to purchase another form of naloxone not offered by the Saskatchewan Health Authority's Take Home Naloxone program (e.g. a naloxone nasal spray) instructions for its use will be included in an insert with the packaging, or you can visit the manufacturer's website for more information about the product and its use.

*The resources are shared with permission from B.C.'s Toward the Heart project.*