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## Update: Naloxone kits during COVID-19

With COVID 19 we are all learning to adapt our practice to provide the utmost support and care for our clients while maintaining the health of our clients and ourselves. With that in mind, please review the following recommendations from the Ontario Naloxone Program and Southwestern Public Health as it pertains to naloxone training and distribution.

1. COVID 19 is spread through droplets from an infected person who coughs or sneezes. Through these virus-laden droplets, it can spread to people who you spend a lot of time with (close contacts) such as household members – similar to how the flu and other respiratory illnesses spread. If someone with a COVID 19 coughs on a surface, and you touch the surface and then touch your eyes, mouth or nose with an unwashed hand, the virus could infect you.
2. COVID 19 can also be spread through ‘Aerosol Generating Medical Procedures’ such as intubation during cardiopulmonary resuscitation, suctioning, bronchoscopy.
3. Public Health Ontario has confirmed that the administration of intranasal naloxone **is not** an ‘Aerosol Generating Medical Procedure’.
4. Intranasal naloxone kits can continue to be dispensed and can be used when responding to an opioid overdose.
5. All naloxone kits contain non-latex gloves. Encourage people to wear them when responding to an overdose to help prevent potential COVID 19 spread through droplet contact.
6. When discussing cardiopulmonary resuscitation (CPR) advise clients that **chest compressions alone do not generate aerosols**. Advise people to provide chest compressions when responding to an overdose if they are trained and feel comfortable.
7. Clients should be advised **NOT to provide rescue breaths** when responding to an overdose during the COVID 19 pandemic.

8. Whenever possible, agencies who provide naloxone training and kits should provide virtual naloxone training to clients. Here is an example of a training video created by the Canadian Pharmacists Association and the University of Waterloo:  
<https://www.youtube.com/watch?v=aR3qA63TrAl&feature=youtu.be>
9. If resource and logistical pressures do not allow for virtual training, naloxone kits may be provided to clients **without training** during the current COVID-19 pandemic.
10. Please remind people at risk of an opioid overdose of the [Where to get a free Naloxone Kit](#) website.
  - Call ahead to ensure kits are available (intranasal or intramuscular) if able.
  - Pharmacies will ask for a name, Health Card and other information but people may be able to get a kit without a health card and remain anonymous based on the pharmacist's decision.

If you have any questions, don't hesitate to contact Southwestern Public Health at:

Phone: 1-800-922-0096

Email: [info@swpublichealth.ca](mailto:info@swpublichealth.ca)