



#### **August Health and Wellness Information**



### **Overdose Awareness**

August 31st is <u>International Overdose Awareness day</u>, bringing attention to the preventable harm, tragic deaths and families suffering the loss of overdose victims.

An overdose occurs when a person has taken a higher dose of a drug (or combination of drugs) than their body can handle. Overdoses can occur intentionally or unintentionally and are sometimes fatal.

Opioid overdoses (including prescribed opioids and illegal opioids) are particularly dangerous because they affect the ability to breath. They may occur when too high of a dose of opioid is taken or when combined with alcohol or other medications that cause sedation. Signs of opioid overdose include:

- Dizziness, confusion
- Difficulty staying awake
- Blue, purple, grey lips or nails
- Very small pupils
- Choking, gurgling or snoring sounds
- Slow, weak or no breathing

<u>Naloxone</u> is a medication that temporarily reverses the opioid effects, buying time until emergency medical help is available. Naloxone is available as a nasal spray and an injection. Naloxone kits are available at most pharmacies, without a prescription.

Talk to your pharmacist about Naloxone kits today if you or someone you know is at risk!

\*Pharmacists will assess and prescribe medications where appropriate. Some conditions are only treatable by pharmacists in certain provinces. Fees may apply.

Find a Pharmacy

### **Your Exclusive August Offers**



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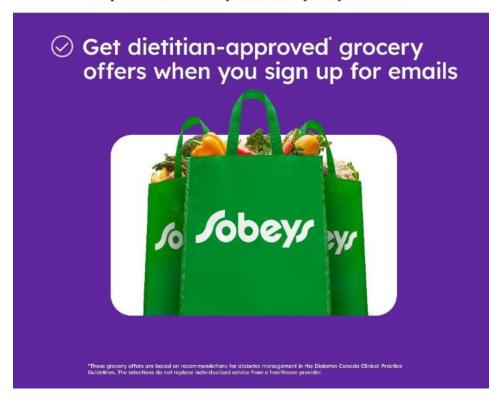
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Exclusive August offer: Preferred pricing/copay coverage on prescriptions filled at Vivanta PPN pharmacies (check with your plan administrator for details).

Learn More

# Vivanta preferred network solution pharmacies include:















To locate a PPN pharmacy near you visit 360healthpharmacy.ca



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