

Opioids

| Questions | Answers |
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| 1. What are opioids? What do they do? | <ul style="list-style-type: none"> • Opioids are strong drugs used to help with pain. • Examples: fentanyl, morphine, oxycodone, codeine, hydromorphone. • They can temporarily make you feel happy or “high.” • They can help some people during illness and surgery recovery, but they can also be very addictive and dangerous. • Opioids slow down the brain and body, including your breathing (depressant). |
| 2. Can I get addicted to opioids? | <p>Yes.</p> <p>Not everyone gets addicted, but opioids can make your body depend on them.</p> <p>Addiction can lead to serious problems, even death.</p> |
| 3. True or False: Prescription opioids can be as dangerous as street drugs. | <p>True.</p> <p>Even if opioids are from a pharmacy, if you take them in a way not prescribed by a doctor, dentist or nurse practitioner, it can be very dangerous or deadly.</p> |
| 4. Why is illegal fentanyl in powder form dangerous? | <ul style="list-style-type: none"> • It’s often mixed with other illegal drugs like heroin, meth, or cocaine. • It can also be made into pills that look like real medicine but are fake and very risky (counterfeit pills) |
| 5. Why is trying a drug even once risky? | <ul style="list-style-type: none"> • Drugs may be laced with fentanyl. • You can’t see, taste, or smell it. • This can lead to poisoning or death, even the first time. |

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| <p>6. What other dangerous things can be in street drugs?</p> | <ul style="list-style-type: none"> • Benzodiazepines – Slow breathing, make it hard to wake up. • Xylazine/Medetomidine – Animal tranquilizers, also slow breathing. • Many drugs are mixed with other things without people knowing. |
| <p>7. Why is mixing opioids with other drugs dangerous?</p> | <ul style="list-style-type: none"> • Most deaths happen when opioids are mixed with other drugs like alcohol or benzos. • Don't mix drugs. If you do, take less. |
| <p>8. True or False: Your tolerance (how much your body can handle) always stays the same.</p> | <p>False.</p> <p>Tolerance can change quickly. If you take a break, your body may not handle the same amount again.</p> |
| <p>9. What does “unpredictable drug supply” mean?</p> | <ul style="list-style-type: none"> • Street drugs are not checked for safety. • They can be mixed with other things without people knowing. • This makes using them very risky. |
| <p>10. Why should you not use drugs alone?</p> | <ul style="list-style-type: none"> • If you pass out, no one can help. <p>Tips:</p> <ul style="list-style-type: none"> ○ Use with a friend who knows how to give Naloxone ○ Leave the door unlocked ○ Call or text someone to check in ○ Call the National Overdose Prevention Line: 1-888-688-6677 |

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| <p>11. What is the Good Samaritan Drug Overdose Act?</p> | <ul style="list-style-type: none"> • Protects people who call 911 during an overdose/poisoning. • You won't get in trouble for having drugs or breaking some rules. • But: It doesn't protect against all charges (outstanding warrants, production or trafficking of drugs). • Stay and help—it could save a life. |
| <p>12. What is Naloxone?</p> | <ul style="list-style-type: none"> • Naloxone is a medicine that reverses opioid poisoning. • It only works for opioids, not other drugs. • But many drugs are mixed with opioids, so it's okay to use Naloxone just in case. • It's safe to give even if you're not sure what the person took. |
| <p>13. How many doses of Naloxone are needed?</p> | <ul style="list-style-type: none"> • often one dose is not enough, and many doses may be required. • Always call 911 for help. |
| <p>14. How long does Naloxone last?</p> | <ul style="list-style-type: none"> • It works for 30 to 90 minutes. • The opioid(s) might last longer. • The person can become unconscious again if the naloxone wears off before the opioids. • Always call 911. |

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| <p>15. What are signs of an opioid overdose/poisoning?</p> | <ul style="list-style-type: none"> • Very slow or no breathing • Blue or grey lips/fingernails • Limp body • Deep snoring or gurgling • Vomiting • Not waking up • Tiny pupils |
| <p>16. Where can you get a Naloxone kit?</p> | <ul style="list-style-type: none"> • Free kits are available without a health card or prescription. • You can get them from: <ul style="list-style-type: none"> ○ Pharmacies ○ Health Centres ○ CMHA ○ SMDHU ○ www.ontario.ca/page/where-get-free-naloxone-kit |
| <p>17. Why should I have Naloxone if I don't use drugs?</p> | <ul style="list-style-type: none"> • Many drugs are unpredictable and risky. • You might need it to help a friend or family member in an emergency. |
| <p>18. What to do in an opioid emergency:</p> | <ol style="list-style-type: none"> 1. Shout and shake the person 2. Call 911 3. Give Naloxone 4. Do rescue breathing or chest compressions 5. No change? Give another dose after 2-3 minutes <p>Stay with them until help comes.</p> |

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| <p>19. Signs of opioid addiction:</p> | <ul style="list-style-type: none"> • Big changes in energy, sleep, or eating • Hanging out with different people • Stealing or needing money a lot • Craving the drug often • Trouble stopping use • Mood or personality changes |
| <p>20. True or False: Police can tell if you are impaired by opioids while driving.</p> | <p>True.</p> <ul style="list-style-type: none"> • Police can test drivers who seem impaired. • Driving high is dangerous and against the law. • You can lose your license, get fined, or have your car taken. |
| <p>21. What is the difference between an overdose and a poisoning?</p> | <ul style="list-style-type: none"> • An overdose happens when someone takes too much of a drug on purpose or by accident. • A poisoning happens when a drug or substance harms the body, even if it was a small amount or the person didn't know they took it. • Fentanyl is very strong — even a tiny amount can poison someone. • Both can be very dangerous and need help right away. |
| <p>22. Where can someone get help with opioid use?</p> | <ul style="list-style-type: none"> • Kids Help Phone • CMHA • Talk to a school counsellor, doctor, or trusted adult |