

Public Service Announcement

International Overdose Awareness Day: Naloxone saves lives

Start Date: August 31, 2026

End Date: September 30, 2026

Nunavut-wide

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August 31 is International Overdose Awareness Day, a day to remember those lost to overdose, to support those who are grieving, and to commit to saving lives through awareness and education.

The Department of Health is urging communities to be vigilant as drug overdoses from opioids are an emerging concern in Nunavut. Opioid drug overdoses have serious impacts on our communities, but they are preventable. By carrying naloxone, you may be able to save someone's life. Naloxone is a fast-acting medication that can reverse the effects of an opioid drug overdose if it's given right away. Naloxone can either be injected or given as a nasal spray.

Naloxone kits are available for free by appointment at your local health centre.

Unregulated drugs can be unpredictable and may contain dangerous chemicals, like fentanyl. Unless it comes from your health-care provider, no drug is truly safe, and even small amounts can lead to an overdose or death.

Some of the signs and symptoms of an opioid drug overdose are:

- Difficulty walking.
- Dizziness and confusion, difficulty talking.
- Choking, gurgling or snoring sounds.
- Lips and nails are pale or blue.
- Very small pupils.
- Cold and clammy skin.
- Breathing slow, or not at all.
- Extreme drowsiness, difficulty staying awake, or not moving.

Be prepared. Get a naloxone kit. Save a life.

More information on drugs, resources, and how to use naloxone can be found on the Department of Health's [Opioid Drug Overdose Protection webpage](#).

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