

July 21, 2020 – **OVERDOSE ALERT**



6 opioid overdoses (EMS reports) have occurred in our region over the past 5 days.

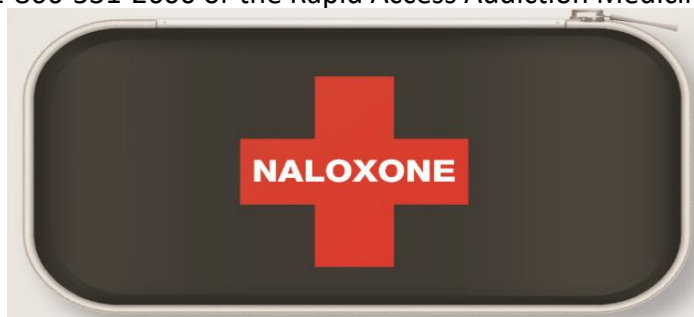
Take extra caution by:

- Avoiding using alone. When using with someone else, avoid using at the same time. Call the **OVERDOSE PREVENTION LINE** at 1-888-853-8542 if you must use alone
- Avoiding mixing different drugs. Mixing drugs, including alcohol, increases the risk of overdose.
- Going slow. Use smaller amounts and do test doses to check the strength of the drug.
- Knowing your tolerance. If using after a period of not using – use less.
- Getting overdose prevention training and carrying a Naloxone kit.

Overdose is a medical emergency. Call 911 or go to the Emergency Department. The Good Samaritan Drug Overdose Act provides protection from simple possession charges when 911 is called for an overdose.

Naloxone is available for free from pharmacies and at the Grey Bruce Health Unit Mon-Fri 8:30 am - 4 pm, no appointment needed.

For those looking for support: Mental Health Crisis Line of Grey Bruce: 1-877-470-5200, ConnexOntario: 1-866-531-2600 or the Rapid Access Addiction Medicine Clinic: 519-376-3999.



Insert date posted: July 21, 2020