

# To reduce overdose risk:

- \* Avoid using drugs alone. If using with someone else, don't use at the same time. If using alone, call or text the National Overdose Response Service (NORS) at 1-888-688-6677 or use the Brave App.
- \* Take extra caution if mixing substances. Mixing substances, including alcohol, increases the risk of harm and overdose.
- \* Get overdose prevention training and carry a naloxone kit.
- \* Start with a low dose and increase slowly, especially if trying something new or restarting use.
- \* Recognize the signs of an overdose: Slow or no breathing, gurgling or gasping, lips/fingertips turning blue, the person is difficult to wake up and/or non-responsive.
- \* If you think you may be having an overdose or are witnessing an overdose, call 9-1-1 immediately.

**The Good Samaritan Drug Overdose Act can provide legal protection if you call 9-1-1 to save the life of someone else or yourself in an overdose situation.**

## GB Works Locations

**Grey Bruce Public Health**  
101 17<sup>th</sup> St. East, Owen Sound  
Monday-Friday 8:30am-4:00pm

**Safe N' Sound**  
310 8<sup>th</sup> St. East, Owen Sound  
Apr 1st - Oct 31st open 7 days/week,  
9:00 am - 3:00 pm  
Nov 1st - Mar 31st open 24/7

**Addiction Treatment Centre**  
1050 2nd Avenue East,  
Unit 2/3, Owen Sound  
Monday-Thursday 8:30am-3:00pm  
Friday 8:30am-2:00pm  
Closed daily 12:30pm-1:00p  
Saturday & Sunday 9:00am-12:00pm  
Open Stat Holidays 9:00am-12:00pm

**Owen Sound IDA Pharmacy**  
6-810 10th Street West,  
Owen Sound  
Monday-Friday 9:00am-6:00pm  
Saturday & Sunday 9:00am-2:00pm

**Brown's Guardian Pharmacy**  
331 Durham St. E, Walkerton  
Monday-Friday 9:00am-6:00pm  
Saturday 9:00am-5:00pm

**Lucknow Pharmasave**  
622 Campbell Street, Lucknow  
Monday-Friday 9:00am-6:00pm  
Saturday 9:00am-5:00pm

**Durham Apothecary**  
320 College St. North, Durham  
Monday-Thursday 9:30am-6pm  
Friday 9:30am-5:00pm  
Saturday 10:00am-2:00pm

**Pharmasave, Hanover Medical Clinic-lower level**  
118 7<sup>th</sup> Avenue, Hanover  
Monday-Friday 8am-6pm

**Dundalk Village Pharmacy**  
55 Proton St N, Dundalk  
Monday-Friday 9:00am-6:00pm  
Saturday 9:00am-4:00pm

### Canadian Mental Health Association Locations

1101 2<sup>nd</sup> Ave East, Owen Sound,  
Suite 205 and 207  
1024 2<sup>nd</sup> Ave East, Owen Sound  
1105 1<sup>st</sup> Ave East, Owen Sound  
425 10<sup>th</sup> Street, Hanover, Unit 8  
865 Queen Street, Kincardine  
353 High Street, Southampton  
527 Berford Street, Wiarton  
Monday-Friday 8:30am-4:30pm

**Rexall Meaford**  
54 Sykes Street North, Meaford  
Monday-Friday 8:00am-8:00pm  
Saturday & Sunday 8:00am-6:00pm

**Rexall Southampton**  
174 Albert St S, Southampton  
Monday-Friday 8:00am-8:00pm  
Saturday & Sunday 9:00am-6:00pm

**Kristen's Pharmacy-Southampton**  
197 Albert Street South Unit#3,  
Southampton  
Monday-Friday 9:00am-6:00pm  
Saturday 9:00am-1:00pm

**Sauble Beach Pharmacy**  
329 Main Street, Sauble Beach  
Monday-Friday 9:00am-6:00pm  
Saturday 9:00am-5:00pm

**The Green House, Wiarton**  
527 Berford Street  
4th Thursday of every month  
9:30am- 2:30pm

**Chesley Pharmacy**  
38 1st Ave S, Chesley  
Monday-Friday 9:30am-6:00pm

**South East Grey Community Health Centre**  
55 Victoria Ave, Markdale  
Monday-Friday 8:30am-3:30pm

**Paisley Pharmacy**  
514 Queen Street S, Paisley  
Monday-Friday 9:00am-5:30pm  
Saturday 9:00am-4:00pm



## GB WORKS NEEDLE SYRINGE PROGRAM



## Services are free and confidential

Grey Bruce Public Health

Preventing disease, promoting health,  
protecting you.

# Needle Syringe Programs:

**Needle Syringe Programs** are based on the principle of harm reduction.

We want to meet people who use drugs *'where they are at'* and help to reduce the negative consequences related to drug use.



## Our Goals:

To reduce the spread of HIV, Hepatitis C, Hepatitis B, and other infections.

To encourage safe disposal of needles and other supplies.

To help prevent fatal overdose.

## Services include:

- \* Sterile needles
- \* Alcohol swabs, filters, sterile water, tourniquets, and cookers
- \* Disposal of used substance use equipment
- \* Steroid injection equipment
- \* Safer smoking equipment
- \* Hepatitis A & B vaccinations
- \* Blood borne infection testing
- \* Referrals to other services
- \* Condoms & STI testing
- \* Information on safer injection
- \* HIV/AIDS & Hepatitis education
- \* Health & social service referrals
- \* Naloxone education and distribution

## SERVICES ARE FREE AND CONFIDENTIAL

To find a site anywhere in Ontario, please visit:  
<http://www.ohrdp.ca/find-a-needle-syringe-program/>



# Safer Injecting:

- \* Never share needles, water, cookers, filters, or tourniquets.
- \* Keep everything sterile. Use an alcohol swab on surfaces, your fingers, and the injection site before injecting.
- \* Put used sharps in a sharps container or other hard plastic container and bring it back to your needle syringe program site or a pharmacy.



Source: Canada's Source for HIV and Hepatitis Information, 2015