

Overdose alert



March 28, 2023

Two fatal and five non-fatal overdoses have occurred in Grey-Bruce over the past few days.

Follow these harm reduction practices:

- **Not using alone. When using with someone else, don't use at the same time.**
- **Take extra caution if mixing substances. Mixing substances can increase the risk of harm and drug poisonings.**
- **Go Slow. Always start with a low dose and increase slowly, especially if trying something new or restarting use.**
- **Use only new supplies. This reduces the risk of getting or passing on an infectious disease. Supplies are available at GBPH and community partners.**
- **Get overdose prevention training & carry a naloxone kit.**

Mental health Crisis Line Grey Bruce: 1-877-470-5200

Connex Ontario: 1-866-531-2600

Rapid Access Addiction Medicine (RAAM) Clinic: 519-376-3999

Please remove by April 4, 2023