

# AUGUST 23<sup>RD</sup> – OVERDOSE ALERT



**Several suspected opioid overdoses have occurred in our region over the past few days.**

Take extra caution by:

- Not using alone. When using with someone else, don't use at the same time.
- Not 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.
- Getting overdose prevention training and carrying a Naloxone kit.

Overdose is a medical emergency. Call 911.

Naloxone is also available at some local pharmacies.

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



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