

Drug Poisoning Overdose Advisory Cowichan



Drug poisonings are increasing in Cowichan. Friends, family and community members using unregulated substances face increased risk.

TEXT "JOIN" TO 253787 TO RECEIVE TEXT ALERTS
TEXT "OD" TO REPORT A DRUG POISONING

CALL 1-888-885-8824 TO
CONNECT WITH MENTAL HEALTH
AND SUBSTANCE USE RESOURCES

If Someone Overdoses:



Call 9-1-1 and
stay with them



Give 1 breath
every 5 seconds



Give Naloxone

Tips For Safer Drug Use:



Visit your local overdose prevention service (OPS)

5878 York Road, Duncan
Open daily: 8am-7:30pm



Get your drugs checked

- 5878 York Road, Duncan (local OPS)
Sample drop-off daily: 8am-7:30pm
- For more information visit:
<https://substance.uvic.ca/>



Carry Naloxone

Visit naloxonetraining.com for a refresher



One substance at a time

Mixing substances increases the risk of overdose. This includes alcohol and prescription drugs.



If using alone

- Let someone know & ask them to check on you
- Download LifeguardConnect from lifeguarddh.com
- Call the National OD Response Service:
1-888-688-6677



Know your tolerance

It can be lower if you are sick or haven't used in a while



Start low, go slow

Take a small amount, wait and see how it feels



Stagger use with a friend

So someone can respond if needed.