

DRUG POISONING / OVERDOSE ADVISORY COWICHAN VALLEY

Overdoses are increasing in Cowichan Valley. Friends, family and community members using opioids and stimulants face increased risk from both injection and inhalation.

IF SOMEONE OVERDOSES:



CALL 9-1-1 AND STAY WITH THEM



GIVE NALOXONE



GIVE 1 BREATH EVERY 5 SECONDS

TIPS FOR SAFER DRUG USE:



VISIT YOUR LOCAL OVERDOSE PREVENTION SERVICE (OPS)

5878 York Road, Duncan (Cowichan Valley Wellness and Recovery Centre)
Open daily: 1pm - 7pm



START LOW, GO SLOW

Take a small amount, wait and see how it feels



MIXING SUBSTANCES INCREASES RISK OF OVERDOSE

This includes alcohol and prescription drugs



CARRY NALOXONE

Visit naloxonetraining.com for a training refresher



STAGGER USE WITH A FRIEND

So someone can respond if needed



IF USING ALONE:

- Let someone know and ask them to check on you
- Download the Lifeguard App: lifeguarddh.com
- Call the National OD Response Service: **1-888-688-6677**