



OVERDOSE ALERT



Increased overdose activity with SEVERE OUTCOMES MERRITT, BC May 7, 2021

Benzodiazepines continue to circulate in the drug supply across the region and there have been recent reports of increased OVERDOSES with SEVERE OUTCOMES in MERRITT. When drugs contain benzodiazepines there is a High risk of OVERDOSE including PROLONGED SEDATION that MAY NOT RESPOND TO NALOXONE. It is important to GIVE BREATHS AND SEEK MEDICAL ATTENTION.

For your safety:

- Avoid using different drugs at the same time or using drugs and alcohol together.
- **Get your drugs checked** – see service information below.
- Don't use alone. Leave door unlocked. Tell someone to check on you.
- If you feel you must use while alone, consider using the [Lifeguard app](#) which can connect you with 911 emergency responders in the event of an overdose. Download at the [App Store](#) or [Google Play](#). [Google Play](#). When downloaded Lifeguard app also provides notifications for future alerts.
- Test by using a small amount, then go slow.
- Carry a Naloxone kit and know how to use it.

Know the signs of overdose and how to respond

- Recognize the signs of an OD: slow or no breathing, gurgling or gasping, lips/fingertips turning blue, difficult to rouse (awaken), non-responsive.
- Call 9-1-1 immediately
- Open airway and give rescue breaths
- Give naloxone (Narcan) if you have it.

Naloxone Kits and Training available at:

ASK Wellness: 2196 Quilchena Avenue
Nicola Valley Health Centre: 3451 Voght Street
Pharmasave: 1800 Garcia Street
Extra Foods Pharmacy: 2760 Forksdale Avenue
<https://towardtheheart.com/site-finder>

Drug checking available at:

ASK Wellness 2196 Quilchena Avenue, 250-315-0098
Drop in drug Checking Hours: Monday to Friday
8:30 am to 4:30 pm
Type of tests:
FTIR/Take Home Fentanyl Test Strip/ Onsite Fentanyl Test Strip



ALERT IN EFFECT UNTIL: **May 14, 2021** PLEASE REMOVE AFTER THIS DATE.