



OVERDOSE ALERT



Increase in fatal overdoses

100 Mile House, BC

February 26, 2021

An increase in fatal overdoses is occurring in 100 Mile House

Some deaths may be linked to a white powder substance (unknown if a stimulant or an opioid).

There is also continued presence of benzodiazepine and fentanyl in the drug supply. Multiple colours and textures.

For your safety:

- Avoid using different drugs at the same time or using drugs and alcohol together.
- 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](#).
- 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, reminder, **when benzo's are present this is the most important intervention!**
- Give naloxone (Narcan) if you have it.

Naloxone Kits and Training available at:

South Cariboo Health Centre

Pharmasave

White Feather Family Centre

<https://towardtheheart.com/site-finder>

 ALERT IN EFFECT UNTIL: **INSERT DATE OF REMOVAL (ONE WEEK AFTER ISSUE).** PLEASE REMOVE AFTER THIS DATE.