An increase in overdose activity is occurring in Cranbrook based on 911 calls, BC Ambulance attended calls and a surge in service provider overdose response.

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. 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.
- Use at an overdose prevention or supervised consumption site if one is near you.

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.

Drug checking:
- ANKORS 250-426-3383
- EKASS – 250-489-4344
- EK Hospital – Emergency Department
- IH MHSU – 250-420-2210
www.drugchecking.ca

IH operated Episodic Overdose Prevention Service in Cranbrook:
- This is open to new and existing clients of Interior Health
- Wed-Fri 10am -6pm
- Call 250 – 919-2282 for more info

Naloxone Kits and Training available at:
- ANKORS, EKASS, Ktunaxa Nation (health clinic and Street Angels)
- IH Public Health & Mental Health Substance Use Locations
- EK Hospital Emergency Department
- Pharmacies located throughout Cranbrook
https://towardtheheart.com/site-finder

Alert in effect until: April 30th, please remove after this date.