



# OVERDOSE ALERT



Increased Overdose Activity

CRANBROOK

April 23, 2021

**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.

**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>

**Drug checking:**

- ANKORS 250-426-3383
- EKASS – 250-489-4344
- EK Hospital – Emergency Department
- IH MHSU – 250-420-2210

[www.drugchecking.ca](http://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



**ALERT IN EFFECT UNTIL: April 30<sup>th</sup> PLEASE REMOVE AFTER THIS DATE.**