

For Immediate Release | October 28, 2017

Illicit Drug Alert: Kelowna and Kamloops

Interior Health is urging residents using or considering using drugs to take extra caution in the wake of an increased number of fatal overdoses in the Lower Mainland on Friday, which may be an indication that more lethal illicit drugs are also present in Interior Health.

While not using drugs at all is the best way to avoid overdose and other health impacts, health-care providers recognize some people will continue to use drugs.

The following tips can help reduce the risk:

- Don't mix different drugs (including pharmaceutical medications, street drugs, and alcohol)
- Don't take drugs when you are alone. Leave door unlocked. Tell someone to check on you.
- Use less and pace yourself. Do test runs to check strength - take a small sample of a drug before taking your usual dosage.
- Keep an eye out for your friends – stay together and look out for each other.
- Carry a Naloxone kit and know how to use it. A list of locations to get a kit can be found on the Interior Health [website](#).
- Recognize the signs of an OD: Slow or no breathing, gurgling or gasping, lips/fingertips turning blue, difficult to rouse (awaken), non-responsive.
- If someone thinks they may be having an overdose or is witnessing an overdose, follow the [SAVE ME steps](#) and call 9-1-1 immediately, do not delay.

Interior Health has Mobile Supervised Consumption Services available in both Kelowna and Kamloops. More information on these services is available at:

<https://www.interiorhealth.ca/AboutUs/Leadership/MHO/PHEmergency/Pages/Mobile-ODPS.aspx>

For more resources and links related to overdose and substance use, visit:

<https://www.interiorhealth.ca/AboutUs/Leadership/MHO/Pages/PHEmergency.aspx>