

For Immediate Release | February 28, 2018

Overdose Alert: Increase in suspected overdoses in Kamloops

KAMLOOPS – Interior Health and the BC Coroners Service are urging residents using or considering using drugs to reconsider or take steps to prevent overdose in the wake of a recent increase in suspected illicit drug overdoses in Kamloops.

Based on preliminary data from the BC Coroners Service, there were six suspected illicit drug overdose deaths in a 10-day period in the Kamloops area earlier this month.

People who are considering using drugs experimentally or for recreational purposes are advised to avoid the use of illicit drugs. Anyone using illicit drugs is advised to take steps to reduce the risk:

- Don't mix different drugs (including pharmaceutical medications, street drugs, and alcohol).
- Don't take drugs when you are alone. Use in the company of someone who can administer help or call 9-1-1 if you experience an overdose.
- Keep an eye out for your friends – stay together and look out for each other.
- Use less and pace yourself. Do testers to check strength – take a small sample of a drug before taking your usual dosage.
- 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 overdose: slow or no breathing, gurgling or gasping, lips/fingertips turning blue, difficult to awaken, or non-responsive.
- If someone is experiencing an overdose or is witnessing an overdose, follow the [SAVE ME steps](#) and call 9-1-1 immediately.
- Consider treatment options – talk with your healthcare provider or contact one of our [Mental Health and Substance Use offices in IH](#), which offer a full range of services to improve the health and well-being of people with substance use problems.

Interior Health has Mobile Supervised Consumption Services available in 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>