For Immediate Release | Nov. 15, 2019

Overdose Alert: Penticton

Interior Health is urging residents using or considering using drugs to reconsider or take steps to prevent overdose in the wake of a recent increase in suspected drug overdoses in the Penticton area.

There have been recent reports of opioid overdoses in the Penticton community after using what was believed to be a stimulant/upper (ex. amphetamines, methamphetamines etc.).

Anyone using illegal drugs is advised to take steps to reduce the risk:

For your safety:
- Get your drugs checked for the presence of fentanyl available at the SOWINS (South Okanagan Women in Need Society) mobile outreach van. Call or text (250)809-7054. For more information visit: www.drugchecking.ca
- Remember, smoking substances can still lead to overdose, take measures to prevent overdose.
- 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.
- 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.

In Penticton, naloxone kits and training are available at:
- Martin St. Outreach-Primary Care Clinic - 117 - 437 Martin Street, Penticton
- Pathways Addictions Resource Centre - 1 - 996 Main Street, Penticton
- Penticton Health Centre - 160 - 740 Carmi Avenue, Penticton
- Snxastwilxtn Centre - 198 Outma Sqilxw Place, Penticton
- www.towardtheheart.com

For more resources and links related to overdose and substance use, visit: https://www.interiorhealth.ca/AboutUs/Leadership/MHO/Pages/PHEmergency.aspx