

# Overdose Prevention

Patient Information

[www.interiorhealth.ca](http://www.interiorhealth.ca)

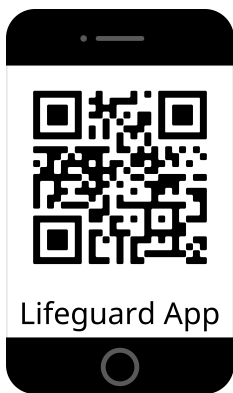
## Reduce the Risk

- Carry Naloxone.
- Know how to respond to an overdose - call 911, give rescue breaths and naloxone.
- When using your substance start with a small amount, and then go slow. Avoid using different drugs at the same time or using drugs and alcohol together.
- Use with a friend or someone who can help you if you overdose or ask someone to check on you. If you must use while alone, consider using the Lifeguard app which can connect you with 911 emergency responders if you overdose.



## Download the Lifeguard App

at the App Store, Google Play or scan the QR Code below.



## Get your drugs checked

To find an Overdose Prevention or Supervised Consumption Site go to [www.towardtheheart.com/site-finder](http://www.towardtheheart.com/site-finder) or scan the QR Code below.



## Have questions? Can't find what you are looking for?

Call 310-MHSU (6478)

[www.interiorhealth.ca](http://www.interiorhealth.ca)

- > Health & Wellness
- > Substance Use
- > Substance Use Services & Resources

<b>Call 8-1-1</b> Healthlink BC <a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
	Dietitian	9 a.m. – 5 p.m.	Mon – Fri	
	Pharmacist	5 p.m. – 9 a.m.	Daily	
	Hearing Impaired	Call 7-1-1		