



Thursday November 3rd 2022

Kamloops Drug Poisoning ALERT

Multiple non-fatal and fatal overdoses reported in Kamloops and surrounding area.



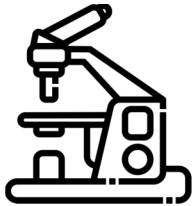
Be a buddy

Help a friend by being around while they are using. Learn the signs of an overdose and be prepared with naloxone.



Space out use

When you use drugs with someone else, space out your doses so that you can respond in case of an overdose. Try to wait 15 minutes after your buddy uses!

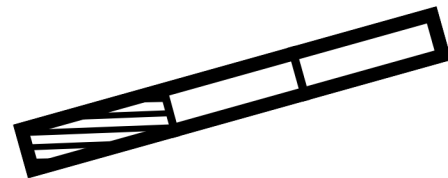


Check your drugs before using


In addition to regular services at the ASK Wellness Society 433 Tranquille location, there will be drug checking available Friday the 3rd of November at:

- **Crossroads, 569 Seymour St. 1:30PM to 3:15PM**
- **Mental Health & Substance Use, 200-235 Lansdowne St. 3:30PM until close**

Additional drug checking availability at the MHSU to be confirmed.
For more information: askwellness.ca/streets/drug-checking/



Consider these additional tips if you are going to use drugs

- Smoking is not safer than injecting, be cautious when smoking your drugs
- Find drug checking locations at www.drugchecking.ca
- Be aware of possible benzodiazepine induced sedation not reversible by naloxone
- Be aware of risk if mixing with other drugs, including alcohol
- Use with others around or at an Overdose Prevention Site (OPS)
- Start with a small amount and space out your doses
- **Carry naloxone and know how to use it** 
- Get the LifeGuard App - lifeguarddh.com
- Call 211 or visit bc211.ca to find services near you

Keep alert up until November 11th 2022

Harm Reduction and Sexual Health | Population Health