No matter what or how you use (smoking, snorting, injecting) take steps to prevent overdose:

- Get your drugs checked – find locations at drugchecking.ca
- Be aware of increased 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

Toxic Drug Poisonings ALERT
South Okanagan

There have been multiple non fatal drug poisonings (overdoses) in the South Okanagan.

In effect until May 3rd 2024

START LOW + GO SLOW!

Be a buddy: Reach out for a buddy so no one uses alone!