



Interior Health



Drug Poisoning Overdose Alert

Kamloops and area

Interior Health has issued a DRUG POISONING OVERDOSE ALERT for Kamloops and surrounding area due to increased fatal and ongoing non-fatal drug poisoning overdoses.

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

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

- Get your drugs checked – find locations at drugchecking.ca
- In Kamloops, option to call or text call 250 299 7219 or email k.mckenna@askwellness.ca to arrange drug checking
- Be aware of increased risk if mixing with other drugs, including alcohol
- Use one at a time so someone can respond to overdose if needed
- 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 use it. Get at Kiro Wellness
- Get the LifeGuard App - lifeguarddh.com
- Call 211 or visit bc211.ca to find services near you

**Local
Substance Use
Services
310-MHSU
Crisis Response
250-305-8496
Drug Checking
236-972-7080**

Alert in effect until September 27 2024

Harm Reduction and Sexual Health | Population Health