



Drug Overdose Alert

Trail, Nelson and surrounding areas

Interior Health has issued a DRUG OVERDOSE ALERT for Trail, Nelson, and surrounding areas due to increased toxic drug 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
- Be aware of increased risk if mixing with other drugs, including alcohol.
- Use one person at a time so someone can respond to an overdose.
- Naloxone does not work for benzodiazepines and xylazine. People may remain sedated after administration of naloxone.
- Start with a small amount and space out your doses.
- Carry naloxone and know how use it.
- Get the LifeGuard App - lifeguardddh.com
- Call 211 or visit bc211.ca to find services near you.

**Local
Substance Use
Services
310-MHSU
Drug Checking
250-869-7870**

Alert in effect until Jan 31, 2026

Harm Reduction and Sexual Health | Population Health