



## **Drug Overdose Alert**

### **Trail, Nelson and surrounding areas**

**Interior Heath 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](http://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 to use it.
- Get the LifeGuard App - [lifeguarddh.com](http://lifeguarddh.com)
- Call 211 or visit [bc211.ca](http://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