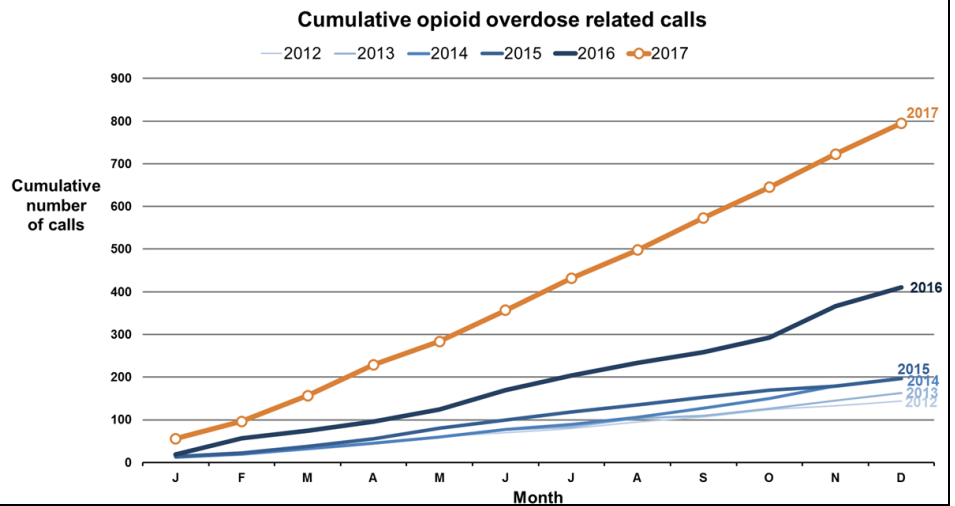


## Bulletin #4

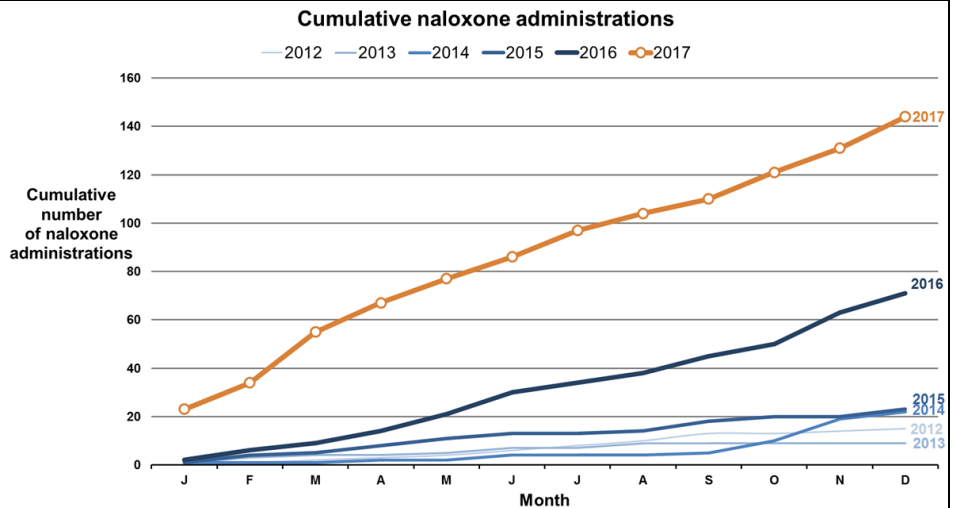
Opioid overdoses continue to be reported in Canada, Ontario and Waterloo Region. Due to a time lag in the availability of provincial data related to overdoses, this bulletin uses proxy measures to ensure some information on local overdoses is available to the community.<sup>1</sup>

### Paramedic Services Data

The number of overdose related calls to Paramedic Services continues to increase. For 2017, Paramedic Services responded to 795 overdose related calls; a 94 per cent increase from 2016 and a 304 per cent increase compared to 2015 (410 and 197, respectively).



Naloxone administrations also continue to increase. For 2017, naloxone was administered to 144 patients; an increase of 103 per cent from 2016 and 526 per cent compared to 2015 (71 and 23, respectively).



For 2017, most opioid overdose related calls and naloxone administrations were for patients aged 20 to 34 years.

Age group	Naloxone administrations	Opioid related calls
00-19	4%	5%
20-34	52%	54%
35-49	31%	27%
50-64	13%	12%
65+	1%	2%

# Overdose Monitoring, Alert, and Response System (OMARS) Community Report Survey (October to December 2017)

Individuals who either witness or experience an overdose are asked to complete the survey found at [www.omars.ca](http://www.omars.ca).<sup>3</sup>

**Number of fatal and non-fatal overdoses reported through OMARS: 24**

**Number of overdose deaths reported through OMARS: 0**

Overdoses where medical attention was sought	83.3% (20)
Overdoses where medical attention was not sought	16.7% (4)
Overdoses where naloxone was administered	58.3% (14)
Overdoses where 911 was called	83.3% (20)
Overdoses where fentanyl was suspected	25.0% (6)

## Ontario Naloxone Program (October to December 2017)

In Waterloo Region, naloxone is dispensed by a number of agencies participating in the Ontario Naloxone Program. To find out where to get a free naloxone kit, click [here](#).

**Number of naloxone kits distributed between October and December 2017<sup>3</sup>: 1,394**

## Opioid Related Deaths (2015-2017)

Year	Number of Deaths	Source
2015	23	Office of the Chief Coroner for Ontario
2016	38	Office of the Chief Coroner for Ontario
2017	71 <sup>4</sup>	Waterloo Regional Police Services

### Key Messages:

- **Know the signs of an opioid overdose.** Signs include: soft or no breath or snoring; pinpoint pupils; blue lips, nails or skin; cold & clammy skin; limp body; no response to shouting
- **Carry naloxone** and don't use alone
- **An overdose is a medical emergency. Call 911** and wait for help

For information about harm reduction and treatment services and supports, visit [www.waterlooregiondrugstrategy.ca](http://www.waterlooregiondrugstrategy.ca)

### Data limitations

<sup>1</sup> Only includes information about overdoses where 911 was called; naloxone is administered by Paramedic Services when all other attempts to resuscitate do not work.

<sup>2</sup> Not all people who overdose/witness an overdose complete a survey. Multiple surveys may be completed for one overdose event. Information self-reported and therefore not confirmed to be accurate.

<sup>3</sup> Does not include naloxone distributed by pharmacies.

<sup>4</sup> These are suspected opioid related deaths and have not been confirmed by toxicology reports.

**For more information, contact Region of Waterloo Public Health at 519-575-4400**