

# OVERDOSE ALERT

Date: December 8<sup>th</sup>, 2020

## Increase in overdoses in Waterloo Region

- Over the last week there has been an increase in overdoses in Waterloo Region, including 3 suspected overdose-related deaths. Region of Waterloo Paramedic Services and Waterloo Regional Police received 36 overdose-related calls, including 11 overdoses that happened over a 36-hour period.
- There have been reports of a purple fentanyl circulating in Waterloo Region. Substances may be stronger than expected and/or contain substances that cause unexpected reactions. Dangerous drugs continue to circulate locally causing increased risk of overdose.
- All opioids like fentanyl are “downers” and can increase the risk of overdose.
- Please be careful and stay safe. Use at the Consumption & Treatment Services (CTS) site at 150 Duke Street West (Open 7 days a week, 9am-9pm, 8:30 last call) or use with someone you trust. Keep naloxone with you and know how to use it.

### **IF SOMEONE OVERDOSES:**

1. Call 911
2. Administer naloxone if an opioid overdose is suspected
3. Do not give stimulants (e.g. crystal meth) as this can make the overdose worse
4. Continue to assist victim until paramedics arrive
5. The victim should accompany paramedics to hospital

### **IF USING SUBSTANCES:**

- Never use substances alone
- Try a very small amount first
- If you use with a friend do not use at the exact same time
- Avoid mixing substances
- Have naloxone ready. Know how to respond to an overdose.

### **GET FREE NALOXONE**

Region of Waterloo Public Health – 519-575-4400

Sanguen Health Centre – 519-603-0223

For other locations in Waterloo Region, click [here](#). Many pharmacies also provide naloxone. Click [here](#) to find a location near you.

Visit us at [www.waterlooregiondrugstrategy.ca](http://www.waterlooregiondrugstrategy.ca)

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