

COMMUNITY DRUG ALERT

January 22, 2024

- From January 10th to 22nd, there have been six suspected drug overdose/poisoning-related deaths in Waterloo Region. Four deaths occurred in the last week.
- Over the past month, the Drug Checking Program at the Kitchener CTS detected samples of fentanyl combined with other substances, including Para-fluorofentanyl, Bromazolam, and Xylazine. Details about these substances are included at the end of this alert.
- The unregulated drug supply is unpredictable and unexpected reactions may occur. Multiple doses of naloxone may be required.


IF SOMEONE OVERDOSES:

1. Call 911.
2. Administer naloxone if an opioid drug poisoning is suspected.
3. Perform rescue breathing and/or chest compressions.
4. Do not give any other substance(s) because this can make the drug poisoning worse.
5. If no improvement, continue to give naloxone 2-3 minutes apart until paramedics arrive.
6. If you have to leave the person unattended, put them in the recovery position.

IF USING SUBSTANCES:

- Never use substances alone. If using with a friend, do not use at the exact same time or use the National Overdose Response Service (NORS) at 1-888-688-6677.
- Try a small amount first and use less drugs when your tolerance may be lower.
- Avoid mixing substances – do not use other downers (e.g. benzos, alcohol, and other opioids).
- Have naloxone ready and know how to use it.
- Use at the Consumption & Treatment Services (CTS) site at 150 Duke Street West (Open 7 days a week, 9am-9pm, 8:30pm last call). Drug checking services are also available at the CTS site. Visit <https://sanguen.com/drug-checking-program/>
- Anyone who is involved in a drug poisoning including the person needing help and anyone at the scene is protected from simple possession charges if you call 911 by the Good Samaritan Drug Overdose Act.

RESOURCES

Get a Naloxone Kit	Get Alerts	Get Support
Naloxone kits and harm reduction supplies are free and available for pickup across Waterloo Region. For pickup at public health or a community partner location, visit regionofwaterloo.ca/harmreduction or call 519-575-4400. For other locations in Waterloo Region and across Ontario, visit Ontario.ca/naloxone .	Follow us on Twitter for community drug alert updates: @DrugStrategyWR. To sign up to receive alerts, visit https://subscription.waterlooregiondrugstrategy.ca/Subscribe or scan the QR code with a mobile device. 	Call Here 24/7 for addiction, mental health, and crisis services anytime for support. 1-844-437-3247 1-844-HERE247 here247.ca .

Media Request Inquiries:

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Key information About Some Detected Substances

Fentanyl

- A highly potent opioid, considered up to 50 times stronger than heroin and 100 times stronger than morphine. Fentanyl is the opioid of choice for many people who use opioids. Since the unregulated drug supply is unpredictable, a person may want to use fentanyl but the drug could be laced with something else or could be stronger than expected.
- Naloxone can temporarily reverse the effects of an opioid overdose/drug poisoning.

Para-fluorofentanyl

- A highly potent fentanyl-related drug considered to be stronger than fentanyl.
- The presence of high-potency opioids increases the risk of an overdose/drug poisoning and may require more naloxone than expected to rouse individuals.

Bromazolam

- A highly potent benzodiazepine-related drug.
- The presence of opioids in combination with benzodiazepine-related drugs increases the risk of an overdose/drug poisoning and death. Naloxone should still be used to reverse the effects of opioids, but naloxone cannot reverse the effects of benzodiazepines.
- In the event of an opioid and benzodiazepine-related overdose/drug poisoning, the effects of the benzodiazepine may maintain sedation for a longer period of time. This means that the person may not wake up for an extended amount of time. If possible, stay with the person until they wake up or help arrives.
- Benzodiazepine effects can include:
 - Blackouts, memory loss, drowsiness and sedation: the person may feel very sleepy and slip in and out of consciousness.
 - Slurred speech, impaired balance, grogginess and/or movement control.
 - Slow breathing.

Xylazine

- A veterinary medication used on animals for sedation, muscle relaxation, and pain relief.
- The presence of opioids in combination with Xylazine increases the risk of an overdose/drug poisoning and death. Naloxone should still be used to reverse the effects of opioids, but naloxone cannot reverse the effects of Xylazine.
- In the event of an opioid and Xylazine overdose/drug poisoning, the effects of Xylazine might maintain sedation for a longer period of time. This means that the person may not wake up for an extended amount of time. If possible, stay with the person until they wake up or help arrives.
- Xylazine can produce significant harmful effects such as:
 - Shallow or slow breathing.
 - Low blood pressure and decreased heart rate.
 - Blurred vision, disorientation, dizziness, drowsiness, difficulty moving, slurred speech and fatigue.
 - Death.
- Xylazine can cause skin ulcers or wounds with possible infection, even if Xylazine is smoked or snorted. Xylazine wounds can take months or years to heal, and may not heal without medical care.

Drug checking is available at the Kitchener CTS site. For more information please visit:
<https://sanguen.com/drug-checking-program/>.