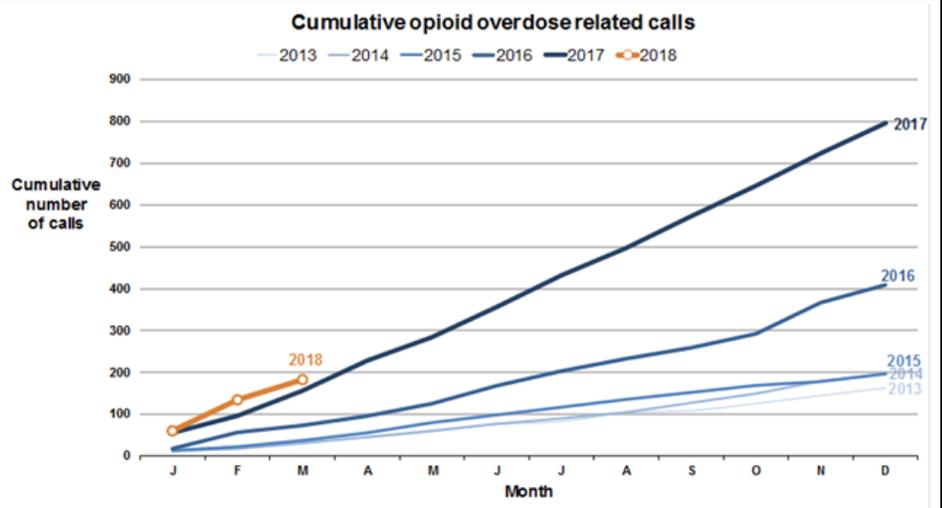


Bulletin #5

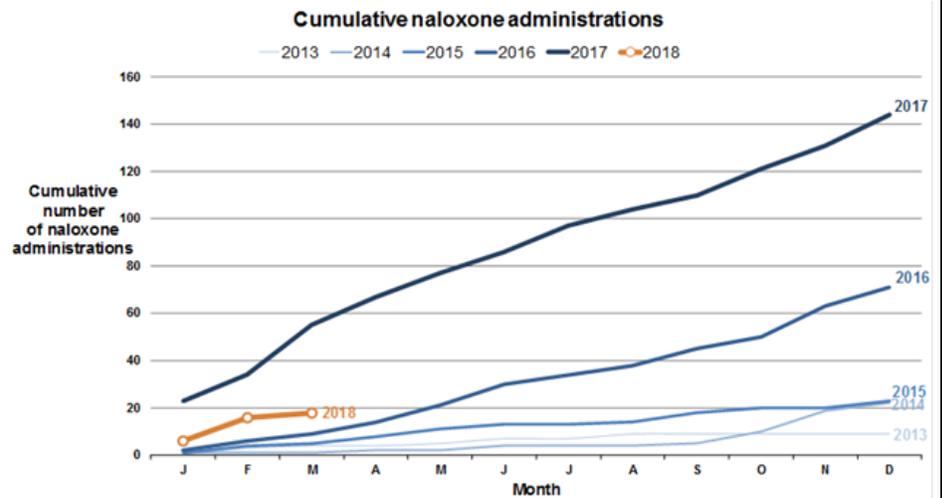
Opioid overdoses continue to be reported in Canada, Ontario and Waterloo Region. Due to a time lag in the availability of provincial data related to overdoses, this bulletin uses proxy measures to ensure some information on local overdoses is available to the community.¹

Paramedic Services Data

The number of overdose related calls to Paramedic Services continues to increase. To the end of March 2018, Paramedic Services has responded to 184 overdose related calls; a 17 per cent increase from the 157 calls at the same point in time in 2017).



Naloxone administrations are lower. For the first quarter of 2018, naloxone was administered to 18 patients; a decrease of 67 per cent from the 55 at the same time in 2017.



For 2018 year-to-date, 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 (January to March 2018)

Individuals who either witness or experience an overdose are asked to complete the survey found at www.omars.ca.³

Number of fatal and non-fatal overdoses reported through OMARS: 67

Number of overdose deaths reported through OMARS: 0

| | |
|--|------------|
| Overdoses where medical attention was sought | 61.2% (41) |
| Overdoses where medical attention was not sought | 38.8% (26) |
| Overdoses where naloxone was administered | 91.0% (61) |
| Overdoses where 911 was called | 62.7% (42) |
| Overdoses where fentanyl was suspected | 74.6% (50) |

Ontario Naloxone Program (January to March 2018)

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 January and March 2018³: 1,308

Opioid Related Deaths (2015-2018)

| 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 ⁴ | Waterloo Regional Police Services |
| 2018 (as of March 31) | 12 ⁴ | 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

Data limitations

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

² 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.

³ Does not include naloxone distributed by pharmacies.

⁴ These are suspected drug overdose deaths not limited to opioids and have not been confirmed by toxicology reports.

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