

COMMUNITY DRUG ALERT

June 9th, 2023

Increase in overdoses/drug poisonings

- From May 31st to June 5th, there has been an increase in the number of overdoses/drug poisonings within Waterloo Region, totalling 40 cases.
- There have been no reports identifying which substance circulating is responsible.
- While waiting for Emergency Services to respond, keep extra naloxone on hand; if the person slips back into an overdose/drug poisoning state, administer another dose.


IF SOMEONE OVERDOSES:

1. Call 911.
2. Administer naloxone if an opioid overdose/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 overdose/drug poisoning worse.
5. If no improvements, 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).
- Anyone who is involved in an overdose/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
<p>Naloxone kits and harm reduction supplies are free and available for pickup across Waterloo Region.</p> <p>For information on where to pick up a Naloxone kit, visit regionofwaterloo.ca/harmreduction or call 519-575-4400.</p> <p>For other locations in Waterloo Region and across Ontario, visit Ontario.ca/naloxone.</p>	<p>Follow us on Twitter for community drug alert updates: @DrugStrategyWR.</p> <p>To sign up to receive alerts, visit https://subscription.waterlooregiondrugstrategy.ca/Subscribe or scan the QR code with a mobile device.</p> 	<p>Call Here 24/7 for addiction, mental health, and crisis services anytime for support.</p> <p>1-844-437-3247 1-844-HERE247 here247.ca.</p>

Media Request Inquiries:

Gina Alderman- Specialist, Health Communications, Public Health and Paramedic Services

Email: GAlderman@regionofwaterloo.ca

