

OVERDOSE ALERT

Overdose Alert for Waterloo Region Date: August 4, 2017

ALERT: On August 3rd, 2017, OMARS received notification that four youth overdosed due to suspected consumption of Xanax while drinking alcohol.

Caution: Substances not received from a pharmacy may contain other substances and increase the risk of overdose. Caregivers should take time to speak with their children about the danger of substance use, including mixing alcohol and drugs, or taking medication not prescribed for them.

IF SOMEONE OVERDOSES:

- 1. Call 911**
- 2. Administer naloxone if an opioid overdose is suspected**
- 3. Continue to assist victim until paramedics arrive**
- 4. 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.**

TO GET FREE NALOXONE AND OPIOID OVERDOSE TRAINING CONTACT:

- Region of Waterloo Public Health – 519-575-4400
- Sanguen Health Centre – 519-603-0223
- To find naloxone at a pharmacy near you visit: Ontario.ca/OpioidOverdose

This Alert is provided by the Waterloo Region Integrated Drugs Strategy via OMARS (Overdose Monitoring, Alert & Response System). Visit www.waterloodrugstrategy.ca and follow us on Twitter for overdose alerts: [@DrugStrategyWR](https://twitter.com/DrugStrategyWR)

