

# COMMUNITY DRUG ALERT

September 6<sup>th</sup>, 2023

## Increase in overdose/drug poisonings

- There has been an increased number of overdoses/drug poisonings (31 reported cases) from August 31<sup>st</sup> to September 3<sup>rd</sup>.
- There can be increased risk of death from drug toxicity during very hot weather. A list of Cooling Centre locations and hours can be found at:  
<http://www.regionofwaterloo.ca/coolingandwarmingcentres>.


### 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 Monday to Friday, and 9am to 6pm Saturday to Sunday.
- Drug checking services are also available at the CTS site this week Tuesday-Saturday 2:30pm-8:30pm. Visit <https://sanguen.com/drug-checking-program/>
- 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 pickup at public health or a community partner location, visit <a href="http://regionofwaterloo.ca/harmreduction">regionofwaterloo.ca/harmreduction</a> or call 519-575-4400.</p> <p>For other locations in Waterloo Region and across Ontario, visit <a href="http://Ontario.ca/naloxone">Ontario.ca/naloxone</a>.</p>	<p>Follow us on Twitter for community drug alert updates: @DrugStrategyWR.</p> <p>To sign up to receive alerts, visit <a href="https://subscription.waterlooregiondrugstrategy.ca/Subscribe">https://subscription.waterlooregiondrugstrategy.ca/Subscribe</a> 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 <a href="http://here247.ca">here247.ca</a>.</p>

### Media Request Inquiries:

Erica Poulin - Coordinator Waterloo Region Integrated Drugs Strategy  
Email: [epoulin@healthcaringkw.org](mailto:epoulin@healthcaringkw.org)