Overdose Advisory Extended

There is a continued increase in overdose deaths on Vancouver Island from opioids and stimulants, increased risk with smoking!

If SOMEONE OVERDOSES

Call 9-1-1 right away

Provide rescue breathing

Give Naloxone

Strategies for safer use:

- Visit your local Overdose Prevention / Supervised Consumption Service (OPS/SCS): www.islandhealth.ca (search for overdose prevention locations)
- Try the LifeguardApp on your phone www.lifeguarddh.com
- Talk to your doctor or health-care provider about ways to reduce the need to purchase substances, or experience withdrawal
- Have your substances checked at your local OPS/SCS
- Carry Naloxone and have an overdose response plan
- Do a tester; try a little before your regular hit
- Fix with a friend; if alone, be close to help
- Stagger your use with a friend, so someone can respond if needed

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Please remove after 7 days

island health