

# Overdose Advisory

There has been an increase in overdose deaths on Vancouver Island last week from opioids and stimulants, increased risk with smoking!

**If SOMEONE OVERDOSES,**

**Call 9-1-1 right away.**

**Provide rescue breathing.**

**Give Naloxone if you have it.**

## **Strategies for safer use:**

- Have your substances checked at your local overdose prevention or supervised consumption service (OPS/SCS).
- 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
- Carry Naloxone and have an overdose response plan
- Visit your local OPS/SCS :  
[www.islandhealth.ca](http://www.islandhealth.ca) (search for overdose prevention locations)

Issued: May 11, 2020

Please remove after 7 days

