

# Overdose Advisory

There is an increase in overdoses in the Cowichan Valley 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 Service (OPS):  
Duncan OPS—221 Trunk Rd (daily 1 p.m.—7 p.m.)
- Try the LifeguardApp on your phone [www.lifeguarddh.com](http://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
- 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

