



Interior Health



URGENT

Drug Poisoning

Overdose ALERT

Interior Health - West Kootenays

**learn how to
use
naloxone!**

**Be a buddy -
Reach out for
a buddy so
no one uses
alone!**

There have been numerous fatal and non-fatal drug poisonings in the West Kootenays, specifically Nelson, Castlegar and Trail

In effect until September 8 2022

No matter what or how you use (smoking, snorting, injecting) take steps to prevent overdose:

- Get your drugs checked – find locations at drugchecking.ca
- Be aware of increased risk if mixing with other drugs, including alcohol
- Use with others around or at an Overdose Prevention Site (OPS)
- Start with a small amount and space out your doses
- Carry naloxone and know how use it
- Get the LifeGuard App - lifeguarddh.com
- Call 211 or visit bc211.ca to find services near you