



September 26th 2022

# Drug Poisoning ALERT

Multiple overdoses reported across all of the Interior  
Multiple fatalities reported in the Central Okanagan



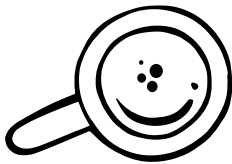
## Check your drugs before using

Whether using take home fentanyl testing strips or accessing FTIR checking services in your area, drug checking can inform you about what is in your drugs.



## Crush your drugs into a fine powder

Doing so reduces the chance of hot-spots, which are spikes of concentrated fentanyl in the dope. You will have a better idea how the drug is going to hit next time you take it.



## Start with a small amount


Start with as small of an amount as you can. Wait and see how you feel before taking more.



## Be a buddy

Help a friend by being around while they are using. Know the signs of an overdose and be prepared with naloxone. Stagger your use when using together!

## Consider these additional tips if you are going to use drugs

- Smoking is not safer than injecting, be cautious when smoking your drugs
- Find drug checking locations at [www.drugchecking.ca](http://www.drugchecking.ca)
- Be aware of possible benzodiazepine induced sedation not reversible by naloxone
- Be aware of 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 to use it** 
- Get the LifeGuard App - [lifeguarddh.com](http://lifeguarddh.com)
- Call 211 or visit [bc211.ca](http://bc211.ca) to find services near you