



Interior Health



# Toxic Drug Poisonings ALERT

## South Okanagan

**There have been multiple non fatal drug poisonings (overdoses) in the South Okanagan.**

**In effect until May 3rd 2024**

**START LOW  
+  
GO SLOW!**

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

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

- Get your drugs checked – find locations at [drugchecking.ca](http://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 - [lifeguardddh.com](http://lifeguardddh.com)
- Call 211 or visit [bc211.ca](http://bc211.ca) to find services near you