

September 29, 2022

OPIOID/DRUG SAFETY UPDATE

For the week of September 19 to 25, 2022, there was a slight increase in emergency department visits for drug overdoses. During this time, there was also an increase in the number of calls to Paramedic Services for suspect and probable opioid overdoses.

In addition, one drug overdose-related death was reported by Paramedic Services and opioids have not been ruled out.

Please exercise extreme caution when obtaining drugs from the unregulated supply.

Remember:

- **Carry naloxone**
 - Naloxone only works on opioids. However, naloxone should be administered to a person experiencing an overdose to reverse the effects of any opioids that may be present in the substance
 - Additional doses of naloxone may be needed to reverse an overdose as potent opioids are being found in the unregulated drug supply. Call 1-877-464-9675 X 76683 or email substance@york.ca to get naloxone kit(s)
- **A buddy system is safer than using alone.** Use substances with someone else and take turns spotting for one another
 - If possible, follow the most up-to-date Public Health COVID-19 guidance at york.ca/covid19
 - If you're alone, consider reaching out to the **National Overdose Response Service** (1-888-688-6677). This service will support you over the phone and call 911 if needed
 - Visit your closest **[Supervised Consumption Service](#)**
- Before using, **ask others about what they are experiencing** with the same drug or batch

If you are feeling depressed, lonely, anxious, scared, angry, or have other mental distress, call **310-COPE** at

PUBLIC HEALTH
york.ca/opioids

1-855-310-2673 or (TTY)
1-866-323-7785.

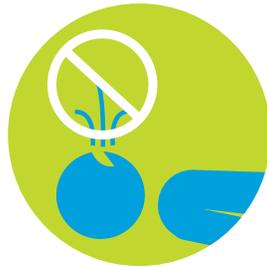
Report a bad reaction to drugs or overdose concerns to [York.ca/ReportBadDrugs](https://york.ca/ReportBadDrugs).

TWO STEPS TO HELP
SAVE A LIFE
OPIOID OVERDOSE
DURING COVID-19

STEP 1 :
Look for signs of an **OVERDOSE**



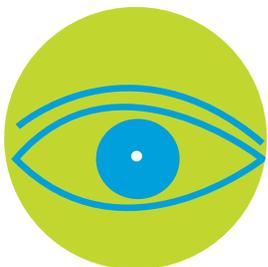
Not moving and
can't be woken



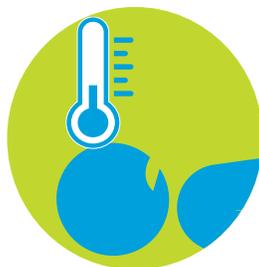
Slow or not
breathing



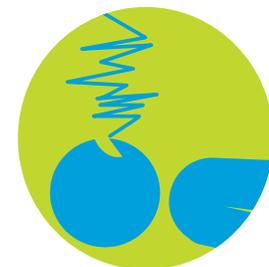
Blue or purple lips
and nails



Tiny pupils



Cold or clammy skin



Choking, gurgling
sounds or snoring

Substance Use Prevention and Harm Reduction

Visit: york.ca/opioids or

Call: 1-877-464-9675 ext. 76683

TTY: 1-866-512-6228

Email: substance@york.ca

STEP 2: Follow these steps when giving NALOXONE



Tap and shout



Call 911



Give naloxone: 1 nasal spray*
or injection into arm or leg



Chest compressions**



Is it working?
YES



NO improvement? Give naloxone
again, continue chest compressions
and check in 2 - 3 minutes



**PUT PERSON IN
RECOVERY POSITION (LEFT SIDE)**

IF: they begin breathing on their own or
if you have to leave them alone.

***GIVING NASAL NALOXONE DURING COVID-19 DOES NOT PRODUCE AEROSOLS.
**AT THIS TIME WE DO NOT RECOMMEND GIVING RESCUE BREATHS. PERFORMING CHEST
COMPRESSIONS DURING CPR IS NOT DANGEROUS.**

FOR MORE INFORMATION:

York Region Public Health Substance Use Prevention and Harm Reduction program:

substance@york.ca or 1-877-464-9675 ext. 76683

Report Bad Drugs: york.ca/reportbaddrugs

Connex Ontario: connexontario.ca or 1-866-531-2600