



**Northwestern
Health Unit**

www.nwhu.on.ca

November 20, 2018

Medical Alert: Reports of Overdose in Region

The Northwestern Health Unit is advising health workers and partners that there has been a significant increase in overdoses the week of Nov. 12-16, 2018. Please let any clients or patients know the risks associated with the use of opioids and how to reduce the likelihood of overdose.

Opioid Overdose Prevention Key Messages:

- Use one drug at a time, or use less of each drug if you are mixing.
- Use less drug when your tolerance is low, like when not using for a few days.
- Try a small amount of drug first if you are getting it from anywhere other than a pharmacy, in case it is not what you were expecting.
- Use with a friend (do NOT share any equipment), leave your door unlocked or call someone before to let them know you are about to use.
- Get a Naloxone kit, which can reverse an opioid overdose.

Naloxone is available for people who use drugs as well as their friends and family. Contact the NWHU for more information on how you can get a Naloxone kit.

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