

July 28, 2022

OPIOID/DRUG SAFETY UPDATE

In the past two weeks, four drug overdose-related deaths occurred in York Region. Three deaths were suspected to be related to opioids and may have been intentional.

On July 22, 2022, Toronto Public Health released a [drug alert](#) as preliminary data from Toronto Paramedic Services showed an increase in suspected opioid overdose-related deaths recently. There also appears to be a potential increase in deaths from smoking opioids and stimulants. [Toronto's Drug Checking Service](#) has recently found higher amounts of fentanyl in fentanyl substances and potential evidence of crack cocaine being contaminated with fentanyl.

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
- 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.

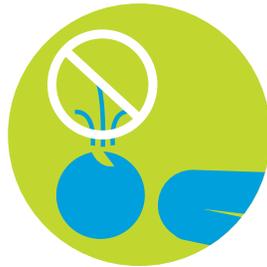
Report a bad reaction to drugs or overdose concerns to [York.ca/ReportBadDrugs](https://york.ca/ReportBadDrugs).

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

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



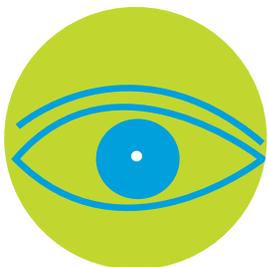
Not moving and
can't be woken



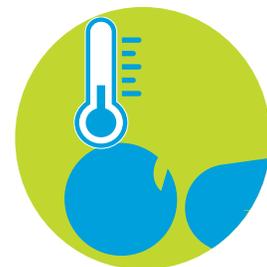
Slow or not
breathing



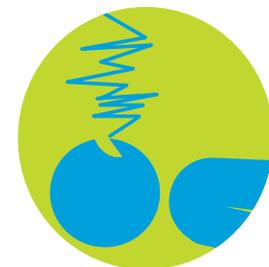
Blue or purple lips
and nails



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


York Region

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