

January 20, 2022

Warning

DRUG/OPIOID SAFETY

For the week of January 10 to 16, 2022, there was a higher than expected number of opioid-related calls to Paramedic Services, some of which were fentanyl-related. Also, one death from a possible drug overdose was reported by Paramedic Services and opioids have not been ruled out. [Toronto's Drug Checking Service](#) continues to identify extremely toxic fentanyl circulating in the unregulated drug supply leading to drug poisonings.

Remember:

- **Carry naloxone.** Naloxone only works on opioids. However, if you're not sure what someone has taken, use naloxone since opioids may be present
 - Call York Region Public Health for naloxone and other harm reduction supplies at 1-877-464-9675 ext. 76683
- **A buddy system is safer than using alone.** Use substances with someone else and take turns spotting for one another
 - If possible, stay six feet from your buddy if you're not from the same household to reduce COVID-19 transmission
 - If you're alone, consider reaching out to **The Krasman Centre Safer Use Peer Support Line**(1-888-233-5633) or **National Overdose Response Service** (1-888-688-6677). These services 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

1-855-310-2673 or (TTY)

1-866-323-7785.

PUBLIC HEALTH

york.ca/opioids

20-5143

Report a bad reaction to drugs or overdose concerns to York.ca/ReportBadDrugs.



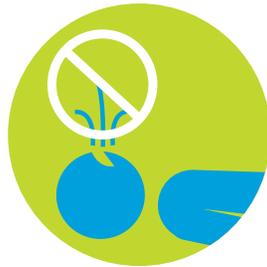
York Region

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

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



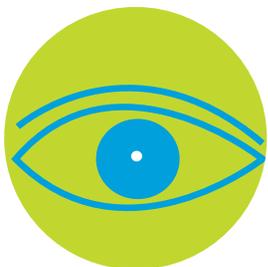
Not moving and
can't be woken



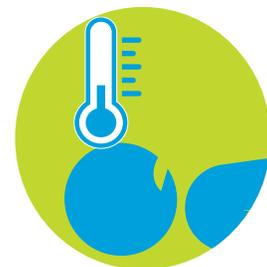
Slow or not
breathing



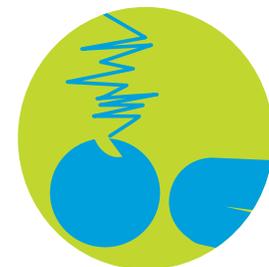
Blue or purple lips
and nails



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



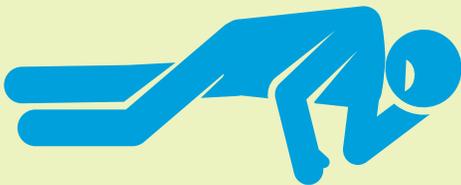
Chest compressions**



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