

York Region Paramedic Services and York Regional Police are reporting increases in suspected drug poisonings in York Region since May 1, particularly in Richmond Hill area. A majority of the calls required naloxone, with many requiring administration of multiple doses. Details on the substance are not available, but it is believed to be a form of fentanyl that is mixed with additional sedatives.

Neighbouring areas are also seeing an [increase in drug poisoning deaths](#) and emergency room visits in recent weeks. [Toronto Drug Checking Services](#) has also reported new opioids and fentanyl analogues in the supply.

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

## Remember:

### CARRY NALOXONE

- Naloxone only works on opioids. Administer naloxone to a person that is showing signs of an opioid poisoning/overdose:
  - Person can't be woken up
  - Breathing is slow or has stopped
  - Snoring or gurgling sounds
  - Blue or purple fingernails and lips
  - Pupils are tiny or eyes are rolled back
  - Body is limp
- Additional doses may be needed as potent opioids are being found in the unregulated supply
- To find where you can get naloxone, visit: [ontario.ca/naloxone](https://ontario.ca/naloxone), or call 1-877-464-9675 Ext. 76683 or email [substance@york.ca](mailto:substance@york.ca)

### NEVER USE ALONE

- Use substances in a safe space with people you trust. You can be unconscious for a long time
- Take turns spotting for one another
- Consider checking your drugs using test strips or a [drug checking service](#)
- If you're alone:
  - Consider calling or texting [National Overdose Response Service \(NORS\)](#) 1-888-688-6677 –a Canada-wide service to support you over the phone and call 911 if needed
  - Have someone check on you

**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/Text 310-COPE:** 1-855-310-COPE (2673) **TTY:** 1-866-323-7785 or **Live Chat:** [yssn.ca/310-cope](https://yssn.ca/310-cope)

**Krasman Warm Line & Peer Crisis Support Services:** 1-888-777-0979

**Report a bad reaction or poisoning/overdose concern anonymously to York Region Public Health at [york.ca/ReportDrugPoisoning](https://york.ca/ReportDrugPoisoning)**

# 5 STEPS TO RESPOND TO AN OPIOID OVERDOSE

<b>STEP 1</b>		<b>SHOUT &amp; SHAKE</b> their name & their shoulders
<b>STEP 2</b>		<b>CALL 9-1-1</b> If unresponsive.
<b>STEP 3</b>		<b>GIVE NALOXONE:</b> 1 spray into nostril or inject 1 vial or ampoule into arm or leg.
<b>STEP 4</b>		<b>PERFORM RESCUE BREATHING AND/OR CHEST COMPRESSIONS.</b>
<b>STEP 5</b>		<b>IS IT WORKING?</b> If <b>no</b> improvement after 2-3 minutes, repeat steps 3 & 4. <b>Stay with them.</b>

## RECOVERY POSITION

If the person begins breathing on their own, or if you have to leave them alone, put them in the recovery position.

head should be tilted back slightly to open airway



hand supports head ..... knee stops body from rolling onto stomach

## SIGNS OF OPIOID OVERDOSE

- Person can't be woken up
- Breathing is slow or has stopped
- Snoring or gurgling sounds
- Fingernails and lips turn blue or purple
- Pupils are tiny or eyes are rolled back
- Body is limp

[ontario.ca/OpioidOverdose](http://ontario.ca/OpioidOverdose)