

August 5, 2021

Warning

DRUG/OPIOID SAFETY

In the week of July 26 to August 1, 2021, there were 3 deaths in York Region in which opioids have not been ruled out. Please use extreme caution when using drugs as recent samples tested in Toronto showed "ultra potent" opioids (such as carfentanil, etonitazene, and isotonitazene) and etizolam (a benzodiazepine-related drug).

Toronto has also seen a recent increase in overdose calls - see the [Drug Alert](#) from Toronto on August 4, 2021 for additional information.

Remember:

- Carry naloxone
 - 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. When using substances, use 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

Signs of an opioid overdose:

- Not able to wake up or limp
- Blue or grey lips or nails
- Slow or no breathing
- Tiny pupils or eyes are rolled back

If you notice any of these signs, give naloxone and call 911

PUBLIC HEALTH
york.ca/opioids

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.

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