

Overdose Advisory Extended

There is an increase in overdoses in the Greater Victoria area from opioids and stimulants, increased risk with injection and inhalation.

IF SOMEONE OVERDOSES

Call 9-1-1 right away

Provide rescue breathing

Give Naloxone

Strategies for safer use:

- Visit your local Overdose Prevention Service (OPS):
 - The Harbour—941 Pandora Ave. (daily 8 a.m.—8 p.m.)
 - Rock Bay Landing—535 Ellice Street (daily 8 a.m.—8 p.m.)
- Have your drugs checked at your local OPS
- Carry Naloxone and have an overdose response plan
- Do a tester; try a little before your regular hit
- Fix with a friend; if alone, be close to help:
 - Try the LifeguardApp on your phone www.lifeguarddh.com
 - Contact the National Overdose Response Service at 1-888-688-6677
- Stagger your use with a friend, so someone can respond if needed

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Please remove after 7 days

