

Drug Poisoning Overdose Advisory Port Alberni



Drug poisonings are increasing in Port Alberni. Friends, family and community members using unregulated substances face increased risk.

TEXT "JOIN" TO 253787 TO RECEIVE TEXT ALERTS
TEXT "OD" TO REPORT A DRUG POISONING

CALL 1-888-885-8824 TO
CONNECT WITH MENTAL HEALTH
AND SUBSTANCE USE RESOURCES

If Someone Overdoses:



Call 9-1-1 and
stay with them



Give 1 breath
every 5 seconds



Give Naloxone

Tips For Safer Drug Use:



Visit your local overdose prevention service (OPS)

3699 3rd Ave (off Bute St.), Port Alberni
Open daily: 8am - 8pm



Get your drugs checked

- 3699 3rd Ave (off Bute St.), Port Alberni (local OPS)
Sample drop-off daily: 8am - 8pm
- For more information on reports visit:
<https://substance.uvic.ca/>



Carry Naloxone

Visit naloxonetraining.com for a refresher



One substance at a time

Mixing substances increases the risk of overdose. This includes alcohol and prescription drugs.



If using alone

- Let someone know & ask them to check on you
- Download Connect by Lifeguard: lifeguarddh.com
- Call the National OD Response Service:
1-888-688-6677



Know your tolerance

It can be lower if you are sick or haven't used in a while



Start low, go slow

Take a small amount, wait and see how it feels



Stagger use with a friend

So someone can respond if needed