

For the week ending March 8, 2026, the calls to Paramedic Services for suspect opioid poisonings/overdoses was higher than expected. Of these calls, the majority were within northern York Region.

The composition of drugs is unknown; however, veterinary tranquilizers, benzodiazepine-related drugs, and carfentanil continue to circulate within the unregulated drug supply according to Toronto Drug Checking Services (attached). The combination of high-potency opioids with other central nervous and/or respiratory system depressants increases the risk of dangerous suppression of vitals e.g. slowing down breathing, blood pressure, heart rate.

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, or call 1-877-464-9675 Ext. 76683 or email 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

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

5 STEPS TO RESPOND TO AN OPIOID OVERDOSE

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

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