

December 23, 2021

OPIOID/DRUG SAFETY UPDATE

As we approach the end of the year, some services may be closed or have reduced hours during the holiday season. Get what you need to use substances safely. Make sure you have naloxone and harm reduction supplies on hand. Our partners below may be able to help over the holidays:

[The Krasman Centre](#) - 905-780-0491

[Inn from the Cold](#) - 905-895-8889

[LOFT Street Outreach Van](#) - 1-866-553-4053

The Canadian Community Epidemiology Network on Drug Use and The Canadian Centre on Substance Use and Addiction recently released a bulletin about the risks and harms associated with the nonmedical use of Benzodiazepines (NMBs) in the unregulated drug supply in Canada. NMBs are increasingly being found in the unregulated market, particularly in drugs sold as opioids. Please see the [bulletin](#) and exercise extreme caution when using substances.

Remember:

- **Carry naloxone.** Naloxone only works on opioids. However, if you're not sure what someone has taken, use naloxone since opioids may be present
- **Buddy system is safer than using alone.** Use substances 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 a benzodiazepine overdose:

Signs of overdose from opioids and benzodiazepines can overlap:

- Drowsiness
- Loss of consciousness
- Trouble with balance or movement
- Slurred speech

Benzodiazepine withdrawal signs include: tremors, anxiety, psychosis, seizures and even death. If taking regularly, don't stop suddenly without medical supervision

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.ca/ReportBadDrugs](https://york.ca/ReportBadDrugs).

PUBLIC HEALTH
york.ca/opioids

20-5143

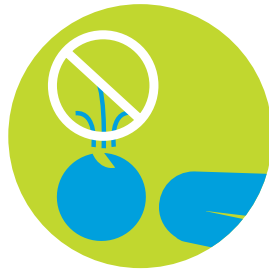
York Region

TWO STEPS TO HELP
SAVE A LIFE
OPIOID OVERDOSE
DURING COVID-19

STEP 1 :
Look for signs of an **OVERDOSE**



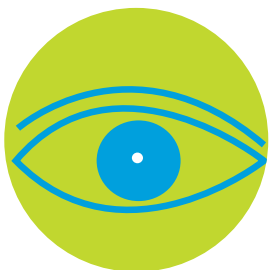
Not moving and
can't be woken



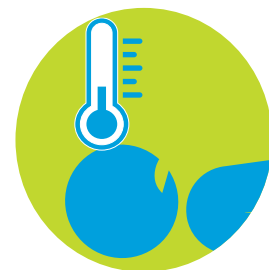
Slow or not
breathing



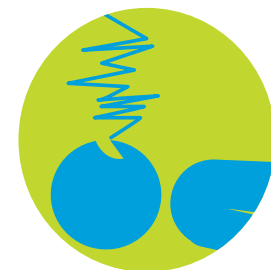
Blue or purple lips
and nails



Tiny pupils



Cold or clammy skin



Choking, gurgling
sounds or snoring

Substance Use Prevention and Harm Reduction

Visit: york.ca/opioids or

Call: 1-877-464-9675 ext. 76683

TTY: 1-866-512-6228

Email: substance@york.ca

STEP 2:

Follow these steps when giving NALOXONE



Tap and shout



Call 911



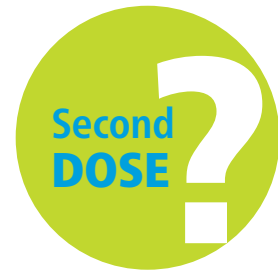
Give naloxone: 1 nasal spray*
or injection into arm or leg



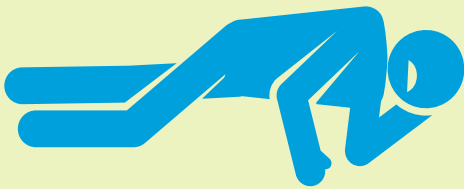
Chest compressions**



Is it working?
YES



NO improvement? Give naloxone
again, continue chest compressions
and check in 2 - 3 minutes



**PUT PERSON IN
RECOVERY POSITION (LEFT SIDE)**

IF: they begin breathing on their own or
if you have to leave them alone.

***GIVING NASAL NALOXONE DURING COVID-19 DOES NOT PRODUCE AEROSOLS.
**AT THIS TIME WE DO NOT RECOMMEND GIVING RESCUE BREATHS. PERFORMING CHEST
COMPRESSIONS DURING CPR IS NOT DANGEROUS.**

FOR MORE INFORMATION:

York Region Public Health Substance Use Prevention and Harm Reduction program:

substance@york.ca or 1-877-464-9675 ext. 76683

Report Bad Drugs: york.ca/reportbaddrugs

Connex Ontario: connexontario.ca or 1-866-531-2600