

# Do You or Someone You Know Use Drugs?

## WARNING: Drug Poisonings and the Upcoming Holiday Season

Hastings Prince Edward Public Health (HPEPH) recognizes that the holiday season can be challenging for many individuals which may result in increased drug use. HPEPH has been advised that there may be toxic drugs in the local supply and is warning people who use drugs to use caution and take steps to reduce the risk of overdose. Neighbouring health units have also released warnings about increases in toxic/tainted drug supply in the region.

During this Holiday season, HPEPH is reminding people who use drugs:

### What you can do to reduce your risk:

- **Don't use drugs alone.**
- **Have a plan. Ask a person who you trust to stay with you, or check on you. If you must use drugs alone, call the National Overdose Response Service at 1-888-688-6677**
  - **If using with a friend, don't use at the same time, so that one of you can seek emergency assistance if needed.**
- **Avoid mixing drugs, and avoid sharing supplies**
- **Start with a small amount, to see how your body reacts.**
- **Always carry one or more Naloxone kits.**
- **Remember that Canada's Good Samaritan Drug Overdose Act protects from criminal charges if seeking medical**

### Here are the signs of an overdose:



Skin feels cold and clammy



Fingernails or lips are blue or purple



Body is very limp



Can't wake the person up



Deep snoring or gurgling sounds



Breathing is very slow, erratic or has stopped



Pupils are very small

### See an overdose?

- Call 9-1-1.
- Give Naloxone.
- Stay with the person.
- Remember the Good Samaritan Drug Overdose Act.

### If you need help or have questions:



613-966-5500 | 1-800-267-2803  
hpePublicHealth.ca

### Naloxone is available at:

- Hastings Prince Edward Public Health (Trenton/Belleville/Bancroft/Picton)
- Belleville Quinte West Community Health Centre
- Grace Inn Shelter
- Bridge Street United Church
- Bancroft Community Family Health Team
- North Hastings Community Trust
- AMHS-HPE
- Central Hastings Family Health Team
- Quinte Health Care (Belleville, Picton, Trenton and Bancroft ED)
- Community Partners for Success – Trenton
- Freedom Peer Support Centre – Belleville
- Lifehouse Support Centre– Bancroft
- Participating Pharmacies: <https://www.ontario.ca/page/where-get-free-naloxone-kit>

For anonymous reporting of any overdose please visit:  
[hpePublicHealth.ca/report-an-overdose](https://www.hpePublicHealth.ca/report-an-overdose)