

# Do You or Someone You Know Use Drugs?

**WARNING: Increase in local deaths that are suspected to be related to drug poisoning**

Hastings Prince Edward Public Health has become aware that there has been an increase in the number of suspected drug-related deaths during the week of September 19-26 in the Hastings Prince Edward Region. **People who use drugs are reminded to avoid using alone as this significantly increases your risk for drug poisoning resulting in death.** Follow the other recommendations below to reduce your risk of drug poisoning. Hastings Prince Edward Public Health is working with community partners to monitor this situation.

## What you can do to reduce your risk:

- Don't use drugs alone.
  - Ask a person who you trust to stay with you, or check on you.
  - 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.
- 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 assistance for someone else who has overdosed or is at risk, you will not be charged for possessing or using drugs of your own.
- Have a plan. If you must use drugs alone, call the National Overdose Response Service at 1-888-688-6677.

## Here are the signs of an opioid poisoning:



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 a drug poisoning?

- 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: 613-965-1167
- Participating Pharmacies: <https://www.ontario.ca/page/where-get-free-naloxone-kit>

For anonymous reporting of any drug poisonings, please visit:  
[hpePublicHealth.ca/report-an-overdose](https://www.ontario.ca/page/where-get-free-naloxone-kit)