

# Overdose Advisory



Issued for Terrace, BC

For Immediate Release: April 19, 2024

Northern Health is issuing an **Overdose Advisory** for the community of **Terrace** due to an increase in drug poisoning/overdose events.

**Take care, drugs move throughout the north, please share this alert widely.**

**We have included safety recommendations below.**

## For your safety

- Get overdose prevention, recognition, and response training; carry naloxone.
- Try not to use alone.
- Make a plan and tell a buddy who can call for help if needed.
- If you plan to use alone, use the Lifeguard or Be Safe app available free on the app store or on Toward the Heart website (<https://towardtheheart.com>) or call National Overdose Response Service (NORS) 1-888-688-6677
- Know your tolerance. Use much less if you are sick or had a time of abstinence or reduced use.
- When possible, avoid mixing drugs or mixing drugs with alcohol.
- Test a small amount first, start low and go slow.
- Use in an Overdose Prevention Site (OPS) if possible (see Terrace location listed below)

**Get your drugs checked** with the Terrace Specialized Mental Health and Substance Use Team (formerly ICMT)

**Address:** Stepping Stones Building, 101-4450 Greig Ave

**Hours:** drop off samples for FTIR analysis seven days/week between 8:30 am – 8 pm.

## Local Overdose Prevention Sites (OPS)

Terrace Specialized Mental Health and Substance Use Outreach Team

Address: 101-4450 Greig Ave, Terrace, BC (Stepping Stones Building)

Phone: [250-631-4647](tel:250-631-4647)

Monday to Friday, 12 pm to 4 pm (excluding holidays). Episodic Overdose Prevention Services available between 8:30 am – 8 pm, seven days per week, as staffing allows.



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