

# Toxic Drug Alert



## Issued for Prince Rupert, BC

For immediate release: October 30, 2024

There has been an increase in overdoses in the community of **Prince Rupert** linked to drugs sold as “down”. Overdoses occurring when drugs are smoked, individuals require multiple doses of naloxone to reverse.

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 BeSafe app available free on the app store or on Toward the Heart website (<https://towardtheheart.com>) or call NORS (National Overdose Response Service) 1-888-688-NORS.
- Know your tolerance. If you are sick or had a time of abstinence or reduced use, use much less.
- 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.
- Get your drugs checked.
- Call 911 or your local emergency number right away if someone overdoses.

### Local Supports

Prince Rupert Specialized MHSU Outreach

**Hours:** 7 days/week, 8:30 am – 7:00 pm

Phone: 778-884-0262, contact for drug checking, sample collection and harm reduction drops.

Drug Checking (Terrace) - Mon-Tues, Thurs-Fri, 8:30 am - 4:00 pm.

Sample collection (Terrace) - 7 days/week, 8:30 am - 8:00 pm.

Harm reduction supplies, including naloxone, are available at the Prince Rupert Health Unit, Monday-Friday, 8:30 am – 4:30 pm. Naloxone kits are available in the wellness machine located at the Prince Rupert Hospital.

Alert Expires  
November 13, 2024



First Nations Health Authority  
Health through wellness



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the northern way of caring

