



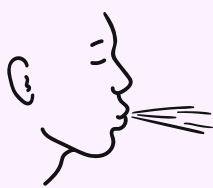
OVERDOSE ADVISORY



Recent increase in toxic drug poisonings for TERRACE, BC and area

Alert expires: 05/07/2025

OVERDOSE SIGNS



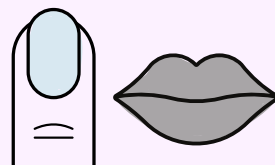
Slow or NO
breathing.



Choking,
gurgling, or
snoring
sounds.



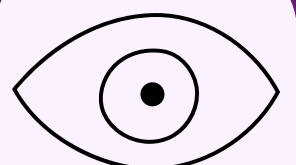
Person isn't
moving.
Can't be
woken up.



Lips & nails
may look
blue or grey



Skin feels
cold or
clammy.



Pupils are
tiny.

Terrace OPS

**Terrace Specialized MHSU Outreach Team
(formerly ICMT)**

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

Phone: 250-631-4647

OPS hours: Monday to Friday, 12 pm to 4 pm
(excluding holidays)

Drug Checking: 7 days a week, 8:30 am to
7:30 pm (Call the team outside these hours to
check for availability as required.)

Have a safety plan:

- ✓ Don't use alone, use with someone you trust
- ✓ If alone, use the Lifeguard or BeSafe app
- ✓ When possible avoid mixing drugs or mixing drugs with alcohol
- ✓ Carry and know how to use naloxone
- ✓ Test a small amount and go slow
- ✓ **Call 9-1-1 or your local emergency number right away if someone overdoses**



First Nations Health Authority
Health through wellness



northern health
the northern way of caring