



OVERDOSE ADVISORY




Recent increase in toxic drug poisonings for Prince Rupert, BC and area

Alert expires: December 18, 2025

OVERDOSE SIGNS



Slow or NO breathing.



Choking, gurgling, or snoring sounds.



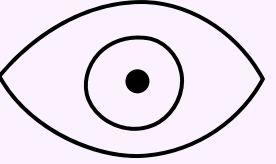
**Person isn't moving.
Can't be woken up.**



Lips & nails may look blue or grey



Skin feels cold or clammy.



Pupils are tiny.

Local supports

Prince Rupert Specialized MHSU Outreach

Hours: 8:30 am to 7 pm, 7 days a week

Phone: 778-884-0262

(Contact for drug checking, sample collection, and harm reduction drops.)

Drug checking (Terrace)

Hours: Monday, Tuesday, Thursday, and Friday, 8:30 am to 4 pm

Sample collection (Terrace)

Hours: 8:30 am to 8 pm, 7 days a week

Have a safety plan:

- ✓ Don't use alone, use with someone you trust
- ✓ If alone, use the Lifeguard 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
- ✓ Take into account a potential decrease in tolerance and isolation due to cold weather
- ✓ **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