

Overdose Advisory



Issued for Prince Rupert, BC

For Immediate Release

December 4, 2025

There has been an increase in overdose events in the community of PRINCE RUPERT. Overdoses are happening whether the substance is smoked and/or injected.

Be cautious when using substances and follow the safety tips below:

- Get training to prevent, recognize, and respond to an overdose; carry naloxone.
- Don't use alone. Make a plan and use with a trusted person who can call for help if needed.
- If you plan to use alone, use the Lifeguard app available free on the app store or on Toward the Heart website (towardtheheart.com) or call NORS (National Overdose Response Service) **1-888-688-6677** (NORS).
- Know your tolerance. If you are sick or had a time of abstinence or reduced use, use much less.
- Don't mix drugs or mix drugs with alcohol.
- Test a small amount first and go slow.
- Use in an OPS if possible.
- Access fentanyl drug checking where available (OPS sites).
- Call 911 or your local emergency number right away if someone overdoses.

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, Friday, 8:30 am to 4 pm
- **Sample collection (Terrace)**
Hours: 8:30 am to 8 pm, 7 days a week



Alert in effect until:

December 18, 2025