

HEALTH ALERT

March 20, 2019



Increased risk in Guelph

There is reason to believe there is an increased overdose risk associated with new supply in Guelph. Ensure you take precautions to reduce your risk of overdose.

Reduce your risk

- Carry Naloxone
- Never use alone
- Start low and go slow (e.g., with every new purchase, start with 1/3 of a normal dose)
- Use the Overdose Prevention Site which is supervised by health professionals at Guelph's Community Health Centre

Get a naloxone kit

People who use drugs or their friends or family members can get a naloxone kit from:

- **The Overdose Prevention Site/Guelph Community Health Centre**
[176 Wyndham Street North](#)
7 days a week from 10 a.m. to 5 p.m.

- **Wellington-Dufferin-Guelph Public Health**
[160 Chancellors Way](#)
Monday - Friday, 8:30 a.m. - 4:30 p.m.
- **ARCH**
[Unit 110, 77 Westmount Road](#)
Monday, from 9 a.m. to 6 p.m.
Tuesday, Wednesday, Thursday, from 9 a.m. to 5 p.m.
Friday, 9 a.m. to 1 p.m.
- **Sanguen**
[176 Wyndham Street North](#)
Monday, Wednesday, Thursday and Friday, from 9 a.m. to 4 p.m.
- **Guelph Community Health Centre**
[176 Wyndham Street North](#)
Monday, Tuesday and Thursday, 9 a.m. to 8 p.m.
Wednesday and Friday, 9 a.m. to 5 p.m.

Along with many pharmacies. Check this list of [pharmacies that have naloxone](#).