

HEALTH ALERT

March 7, 2019



Overdose surge in Guelph

There have been reports of 20 overdoses in Guelph in the past two weeks. These were a result of various substances.

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](#).