



Health Alert

Increase in overdoses, including death

Posted: December 9, 2020

In the Guelph area, there are reports of increased numbers of overdose, including one death:

- One death in the City of Guelph, related to fentanyl
- Increased number of overdoses in the Guelph Consumption and Treatment Services (CTS) site
- Increases in overdoses also seen in [Kitchener-Waterloo](#) and Cambridge
- Local sources indicate very potent, red fentanyl is circulating in our community
- When possible, make sure to use in a safe area with people you can trust and use the information below to reduce your risk of overdose



Reduce your risk of overdose

- ✓ Carry naloxone
- ✓ Never use alone*
- ✓ Start low and go slow (e.g., with any new purchase, start with 1/3 of a normal dose)
- ✓ Use the Consumption and Treatment Services Site (CTS) supervised by health professionals at Guelph's Community Health Centre

www.wdgpUBLICHEALTH.ca/harmreduction

*It's important to maintain 2 metres distance to protect yourself during the COVID-19 pandemic.

Phone a friend or call the Overdose Prevention Line (1-888-853-8542) to make sure someone is available to check up on you.