



Health Alert

Four suspected drug-related deaths in the past week

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Substances circulating in the Guelph area may be stronger than usual, based on:

- 9 drug poisonings in the past week, including four suspected drug-related deaths
- Evidence indicates that the **crystal meth supply may be contaminated** with strong opioids
- Please take care when using any unregulated drugs as supply may be stronger than usual



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

*If you are using alone, the National Overdose Response Service is a free and anonymous service that you can call to check in on you. Available toll-free, 24/7 at 1-888-688-NORS (6677).

