To avoid an overdose:

* Don't take drugs when you are alone. When you take them, leave door unlocked and tell someone to check on you.

* Keep an eye on your friends and look out for them.

* Carry a naloxone kit and know how to use it.

* Don't mix different drugs such as medications, street drugs, or alcohol.

* Take a small sample of the drug before taking your usual dosage.

* Recognize the signs of an overdose: Slow or no breathing, gurgling or gasping, lips/fingertips turning blue, difficult to wake up, non-responsive.

* If you think you may be having an overdose or are witnessing an overdose, call 9-1-1 immediately.

The new Canadian Good Samaritan Drug Overdose Act <u>can provide legal protection if you call 9-1-1 to save the life of someone else or yourself in an overdose situation.</u>

GB Works Locations

Grey Bruce Health Unit
101 17th St. East, Owen Sound
Monday-Friday 8:30am-4:30pm

Safe N' Sound
310 8th St. East, Owen Sound
Monday-Friday 9:00am—3:00pm
Saturday 10:00am—5:30pm

Addiction Treatment Centre
1050 2nd Avenue East,
Unit 2/3, Owen Sound
Monday-Thursday 8:30am-3:00pm
Friday 8:30am-2:00pm
Saturday & Sunday 9:00am-12:00pm

Owen Sound IDA Pharmacy
6-810 10th Street West,
Owen Sound
Monday-Friday 9:00am-6:00pm,
Saturday 9:00am-2:00pm

Brown's Guardian Pharmacy
331 Durham St., Walkerton
Monday-Friday 9:00am-6:00pm,
Saturday 9:00am-5:00pm

Lucknow Pharmasave
622 Campbell Street, Lucknow
Monday-Friday 9:00am-6:00pm
Saturday 9:00am-5:00pm

Durham Apothecary
320 College St. North, Durham
Monday-Thursday 9:30am-6pm,
Friday 9:00am-5:00pm,
Saturday10:00am-4:00pm

Pharmasave, Hanover Medical Clinic-lower level
118 7th Avenue, Hanover
Monday-Friday 8am-6pm

Dundalk Village Pharmacy
55 Proton St. N, Dundalk
Monday-Friday 9am-6pm
Saturday 9:00am-4:00pm

Rexall
54 Sykes Street North, Meaford
Monday, Tuesday, Thursday,
Friday 9:00am-8:00pm,
Wednesday & Saturday 9:00am-6:00pm,Sunday 10am-3pm

Kristen's Pharmacy-Southampton
197 Albert Street South Unit#3,
Southampton
Monday-Friday 9am-6pm,
Saturday 9am-1pm

Sauble Beach Pharmacy
329 Main Street
Monday-Friday 9:00am-6:00pm
Saturday 9:00am-5:00pm

The Green House, Wiarton
527 Berford Street
2nd and 4th Thursday of every month 9:30am—2:30pm

Chesley Pharmacy
38 1st Ave S, Chesley
Monday-Friday 9:00am-5:00pm

South East Grey Community Health Centre
55 Victoria Street, Markdale
Monday-Friday 8:30am-4:30pm

Paisley Pharmacy
514 Queen Street S, Paisley
Monday-Friday 9:00am-6:00pm
Saturday 9:00am-4:00pm

GB WORKS NEEDLE SYRINGE PROGRAM

PUBLIC HEALTH
GREY BRUCE HEALTH UNIT

Services are free and confidential

Grey Bruce Health Unit

Preventing disease, promoting health, protecting you.

Needle Syringe Exchange Programs:

Needle Syringe Programs are based on the principle of harm reduction.

We want to meet people who use drugs '*where they are at*' and help to reduce the negative consequences related to drug use.

Our Goals:

To reduce the spread of HIV, Hepatitis C, Hepatitis B and other pathogens amongst people who use drugs.

To encourage safe disposal of needles and other supplies.

To help prevent fatal overdose.

Services include:

* **Sterile needles**

* **Alcohol swabs, filters, sterile water, tourniquets and cookers.**

* **Disposal of used needles**

* **Steroid injection equipment**

* **Safer smoking equipment**

* **Hepatitis A & B vaccinations**

* **Blood borne infection testing**

* **Provide referrals to other services when requested**

* **Condoms & STI testing**

* **Information on safer injection**

* **HIV/AIDS & Hepatitis education**

* **Health & social service referrals**
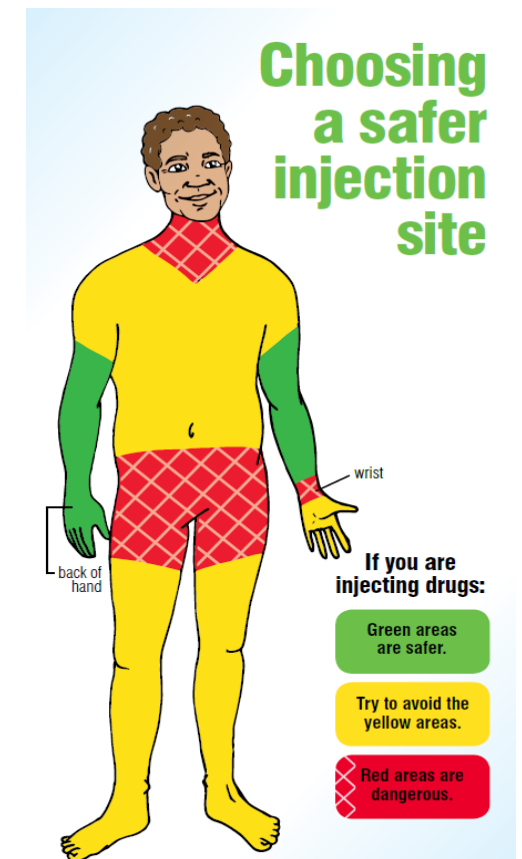
* **Naloxone education and distribution**

SERVICES ARE FREE AND CONFIDENTIAL

To find a site anywhere in Ontario, please visit: http://www.ohrdp.ca/find -a-needle-syringe- program/

Safer Injecting:

* Never share needles, water cookers, filters, or tourniquets.

* Keep everything sterile. Use an alcohol swab on surfaces, your fingers, and the injection site before injecting.

* Always put used sharps in a container or bottle and bring it back to your local needle syringe site.

Choosing a safer injection site

wrist

back of hand

If you are injecting drugs:

Green areas are safer.

Try to avoid the yellow areas.

Red areas are dangerous.

Source: Canada's Source for HIV and Hepatitis Information, 2015