



Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"

For Immediate Release

(Pembroke, Ontario, June 19, 2020)

Fentanyl Alert for Renfrew County and District

Fentanyl branded as "Purple" has been found locally and is suspected to be linked to increases in overdoses locally and in other areas of Ontario. Renfrew County and District Health Unit is reminding residents and the community that street drugs may be cut or mixed with substances such as Fentanyl or Carfentanil, and that even a very small amount of these substances can cause an overdose.

If you are going to use drugs:

- **Don't use alone**—If you overdose, there will be no one there to help.
- **Don't mix drugs**—Don't mix drugs with other drugs or alcohol, as it puts you at higher risk of overdosing.
- **Go slow**—Quality of street drugs is unpredictable. Start by using in small amounts (testers or test doses) to check the strength of what you are using.
- **Carry Naloxone/Narcan®**—Naloxone can temporarily reverse an opioid overdose and is available free to people who use drugs, and to their family and friends.
- **Know your tolerance**—Risk of overdose increases if you are a new user or haven't used in 3+ days.

Understanding the signs of an overdose can help save a life. These signs can include:

- Breathing is very slow or irregular, or they may not be breathing at all
- Fingernails and/or lips are blue
- Body is limp
- Deep snoring or gurgling sounds
- Loss of consciousness/passed out (can't wake the person up)
- Unresponsive (not answering when you talk to them or shake them)
- Pinpoint (tiny) pupils
- If you suspect an overdose is occurring, **call 911 and if possible, give naloxone and CPR.**

For more information visit www.rcdhu.com or call 613-732-3629 or 1-800-267-1097.

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