

## NEED GEAR? CONDOMS? SUPPORT?

The NESI team distributes kits for safer rock smoking, rigs, and all the stuff that goes with them! We also have supplies for safer sex, and provide support and referrals to services.

Here's how to reach us...

### NESI Drop In!

Times: **Mondays 9am-noon / 1-4pm**

**Tuesdays 9am-noon / 1-6pm**

**Wednesdays 9am-noon / 1-4pm**

**Thursdays 1-4pm**

**Fridays 9am-noon/1pm-4pm**

We're at Somerset West Community Health Centre (corner of Booth and Eccles). Drop-in for support and advocacy in a non-judgmental environment. Chat. Chill out on a couch. Grab some gear. Use a computer. Have a coffee. In a rush? You can also grab five packs of stems or fits from reception or medical walk-in during the hours the centre is open. Call us! We accept collect calls. **613.238.8210 ext.2246**

### the NESI VAN

Just give us a call! **(613)761-0003**

We aim to get to you faster than your dealer.

We're out on the road:

**Monday to Saturday: 5pm -11:30pm**

**Wednesdays: 5pm to 10pm**

**(Sundays no service)**

We're happy to deliver supplies to you anywhere in the greater Ottawa Area. Got rigs to return? Used Pipes? We'll come get'em!

### Outreach!

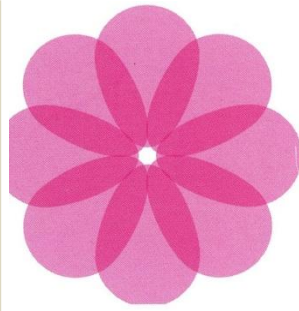
Outreach & Peer workers are out on foot throughout the week in different neighborhoods.

Call our **outreach cells!**

**Amy: 613.292.9119**

**Shannon: 613.290.0363**

**Stan 613.295.4329**



*Daisy's*

Support, Supplies &  
Something to Eat

Fridays  
5:30 - 8:30am

1475 Caldwell

Questions? 613-327-0002 or 613-722-4000 x.258

## Zen Meditation

Feeling stressed or overwhelmed? Want to learn how to settle the mind?

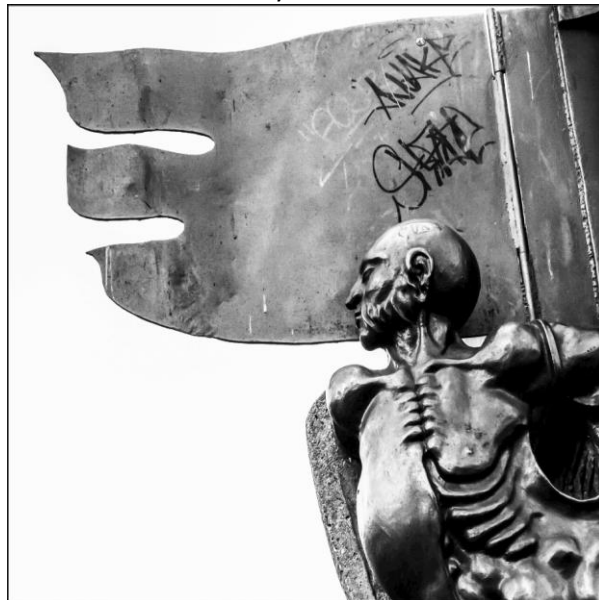
**Join us every Tuesday & Friday at 12:05pm!**

in the **NESI Drop-in,**

During this time, John & Bobby run a meditation class. Classes are free & all welcome! There will be sitting meditation, walking meditation and a brief talk. Everyone is invited to attend no experience is needed! See you there!

**photo**

By: 1.1.1.



Monthly info brought to you by SWCHC's Needle Exchange Safer Inhalation Program

*Brought to you by SWCHC & Ottawa Hospital...*

## Hepatitis C Educational Group

Join us every Thursday starting in May to share some food and learn more about Hep C & other topics!

Where? **NESI Drop-in**

When? **1:30pm-2:30pm Every Thursday!**

**May 4<sup>th</sup>** Nikki- Hep C 101

**May 11<sup>th</sup>** Pharmacist

**May 18<sup>th</sup>** Get the scoop on Fibroscans

**May 25<sup>th</sup>** Hep C & ODSP Primary Care

**June 1<sup>st</sup>** Moods and Hep C

**June 8<sup>th</sup>** Hep C treatment

**June 15<sup>th</sup>** Addictions & Hep C

prevention/transmission

**June 22<sup>nd</sup>** Dietician Hep C

Come, by ask questions, and gain some knowledge about Hep C and your health!

## Struggling in Addiction and the Streets

*by: Ernie*

Fogged in perception. Views yet so clear,  
Unknowing of tomorrow and what it brings.  
Knocking at Death's doors so graciously with a smile!! Don't forget we still love and care for one another like brothers and sisters. Keep your heads up high and don't dismay. Always smile and offer a helping hand with this I say. hello and good bye, see you all soon, your friend.

## Peer Overdose Prevention NASAL NALOXONE TRAINING!

When? **1:30pm Thursday April 20<sup>th</sup>**

Where? **NESI Drop-in**



Ottawa Public Health's Site **POPP** program has launched nasal naloxone to respond

to the growing overdose crisis. Come by, get trained and pick up a kit! **Open to all!**

**No registration required!**

## Phase 1 Peer Program

Looking to make a healthy connection with other folks who use drugs? Looking to make some extra cash? Come work with the NESI program! Every Thursday at 1PM, our peer program compensates four peers for 2 hours of work. Every 2nd Thursday of the month we do a Women's only day. Work ranges from preparing smoking & injection supplies and gear, to workshops and/or gardening! Interested? Call us to find out how to join...

(613)238.8210 ext 2246

NESI is based at Somerset West Community Health Centre, 55 Eccles (Booth & Eccles)

**Wanna talk? Looking for Health Care? Need Harm Reduction Gear?**

Drop-in (every weekday (9am-4pm), or Call a NESI worker at call 613.238.8210...

Amy ext 2319, John ext. 2270, Shannon ext. 2987, Stan ext.2392 **Evening/night? van: 613.761.0003**

## Yo La Tengo

For Shawn C. By Joe Banks

Sometimes bad guys come out on top  
Sometimes the good lose  
But we try not to lose our hearts  
And our minds  
Sometimes the bad days maintain their grip  
and the good days fade  
But nothing ever stays the same  
Nothing is explained  
The higher we go the longer we fight  
But this isn't for all we know  
Say good bye and lose no more time  
Resist  
Resist  
I heard you calling from far away  
I heard you crying  
Lost my grip and you were gone  
Nothing is explained  
The longer it takes the loose the ties become  
Nothing is explained  
Resist  
Resist  
So try not to lose our hearts  
Heart's hearts.

## Heads up! Recent Preston Street Drug bust could impact supply

This month, Ottawa Police announced a significant drug bust in our hood. They announced they made nine arrests and seized a sizable amount of crystal meth, powdered fentanyl, weed, MDMA pills and cocaine.

As we know, these drug busts generally result in a disruption of drug supply, pushing folks to seek the drugs they use or are addicted to from other less reliable sources. Let's keep each other safe! Whether going uptown or downtown, be sure to carry naloxone, and do what you can to not use alone! See centerfold for "overdose prevention tips".



Know someone whose hair was tested for drugs and/or alcohol and used by the Children's Aid Society?  
If yes, we may be able to help and it's completely Confidential!

### The Motherisk commission offers...

- Mediation services
- Counselling
- Legal referrals
- Information

Motherisk Commission was established on January 15, 2016 and runs until January 15th 2018. The Commission will lead and establish a Review and Resource Centre to conduct legal reviews of individual cases and to provide support for "directly affected".

Anyone who was involved with an Ontario child protection agency and had a hair test conducted by the Motherisk Drug Testing Laboratory ("MDTL") should contact the Commission about supports and services.

### There's four ways to reach the Motherisk Commission:

- 1) Email at [info@motheriskcommission.ca](mailto:info@motheriskcommission.ca)
- 2) Phone 1-844-303-5476
- 3) Fill out a confidential web form at <https://motheriskcommission.ca>
- 4) Mail at letter to 400 University - 1800A Toronto, ON M7A 2R9

You'll receive a call back from the Commission within 48 hours of receipt of your inquiry.

## Supervised Injection Service update

By Carl

We've got good news and bad news!

The good news is that Somerset West has done their bit, we've done our Community consultations, sent off the request for funding (to the province), nearly done the request for the exemption (from Criminal Code to the feds), set up a Users Advisory Group, and are setting up a Community Advisory Committee.

The bad news is... we wait. First, the province has to review and make funding available. THEN we can apply to the feds for the exemption. Our request to the province went in March 31<sup>st</sup>, we figure we'll be able to apply to the feds sometime in June...

After that, it's a guessing game... Most people figure the feds will take 6 months, so that means we may not be opening the SIS until Jan. or Feb. 2018. On the other hand, since both the province and the feds support SIS, and the federal Minister of Health has said she will fast track applications, some of us figure we might get approval faster, maybe by September or October

But more good news is we'll put that downtime to good use, developing, in consultations with various parts of the community, policies and procedures that affect how the SIS will be run, the services that are available, and our expectations of community members and staff.

Even more good news is that Sandy Hill is further along the process than we are as they applied a few months ago. They figure they should open their SIS by the end of summer.

Stay Healthy, Stay Safe.

## Wolf Pups

by Laura Duval



## Goodbye NESI!

As my time with NESI comes to an end (my last day is April 21<sup>st</sup>), I would like to thank everyone for their kindness, acceptance and sharing their stories and experiences with me. Every one of you made me feel valued during my placement! The kind words and encouragement I have received from you guys is something I will hold onto forever. This was truly a great experience and I will miss all the NESI crew, everyone from the drop-in and on the van! I look forward to spending my last month of my student placement with you all!!  
Cayla Pester, Algonquin College SSW student

## Free NESI Hair Cuts for women with Glenn!

1pm Wednesday APRIL 19<sup>th</sup>  
NESI Drop-in  
Call us to book your spot!





## **Disappointment & Outrage: Concerning the Police Support for Officer Charged With Manslaughter**

by: *The Justice for Abdirahman Coalition*

We express outrage and disappointment around the campaign by members of the Ottawa police service to wear wristbands in support of the officer charged with manslaughter. On March 6, 2017, the Special Investigations Unit (SIU) concluded that Const. Daniel Montsion was responsible for the brutal killing of Abdirahman Abdi.

After the community and family waited patiently for the SIU to complete its investigation, the SIU conclusion, was a first step towards justice for Abdirahman, only to be met with the launch of a bracelet campaign, a direct insult to those of us who stand against police brutality. What's more is the insult and total disregard to the suffering of the Abdi family who are still grieving the loss of their family member.

The vile actions of this officer have traumatized this city. This particular act demonstrates a blatant disregard for human life. "This is not a traffic violation we are dealing with, this is manslaughter, a cold-blooded killing of a civilian by an officer on the sunshine list" said Farhia Ahmed, Co-Chair of the Coalition.

Comments made by Ottawa Police Association president Matt Skof are extremely short sighted and very shocking. In an interview he stated that the campaign had nothing to do with community relations and that the bracelet simply expresses support for a fellow colleague in 'difficult profession going through a very difficult time'.

No one is contesting that policing is difficult. We honour and respect the hard work and sacrifice of those who serve and protect with dignity. The problem is with people like Matt Police who choose to wear these bracelets tarnish the integrity of the police service. Charges of manslaughter, aggravated assault and assault with a weapon are serious allegations and nothing to be celebrated or supported. Imagine if the tables were turned and there was a fundraiser or support campaign for a civilian who brutalized and murdered an officer, there would be outrage. Aside from the indifference to the pain and suffering Montsion caused, this campaign is not only in bad taste it shows horrible leadership, bad judgement and questions, what sort of precedent does this bracelet campaign set in cases of cold blooded murders?

We, as concerned citizens, are deeply disturbed by this campaign and urge all, to NOT partake in wearing these bracelets. It is difficult to stomach the idea that 1,200 bracelets were purchased to show support for an individual charged with manslaughter (police officer or not). We stand by the fundamental principle of the rule of law and, as such, reject the double standards accorded to Montsion through this campaign. We call on the members of O.P.S. to show reason and discretion and to act with human dignity in mind. During this entire ordeal, we have said, the problem with O.P.S. is the actions of a few going unchecked. It's high time for this narrative to change. As such, we also call on the Ottawa Police Board to stand up and take a concrete stance by issuing a directive to block these bracelets from being worn by any member of the police service during active duty.

*WAS THAT LINE  
UNUSUALLY NODDY?*

*NOT SURE WHY THAT  
SHOT HAD NO LEGS?*



**WAS THERE  
FENTANYL IN  
THERE???**

**NOW YOU CAN KNOW!  
FAST & FREE!**

There is a lot of talk about fentanyl and other stronger opioids being found in drugs where we wouldn't expect to, such as oxys or heroin, but also non-opioid drugs like cocaine.

The urine test strips they can detect if there's a presence of fentanyl in you after you've used.

Our 'Where's the Fent?' project has two main reasons:

- To give community members a free and anonymous way to find out if they've been exposed recently
- To attempt to get a better idea of what the situation is. We plan on collecting results anonymously, and then distributing a simple report on the findings

\*The test must be done within **36 hours** from when you last consumed the substance you're wondering about. \*

NO NAMES OR OHIP#

ALL WE WANT TO KNOW: What drug did you use?; What was the result?

Curious? Ask us for a test and find out!

**Questions? Comments? Looking for more info?  
Contact Caleb at 613.238.5014 x252 caleb@aco-cso.ca**



## Heaven on earth

by: Jesse James

So often we pray to our maker so very far above, for the souls of those ones we once love from above so very far, a silvery light, an angel makes its flight its wings white than white sent from the heavens, both humble and innocent, flutters and floats like that of a dove.

To our god of gods, we often pray that their souls make their journey and do not run astray.

For many, so many enveloped in pain, while perched on the roadside in the cold pouring rain.

From once vibrant skin protrudes track marks from wrist to shoulder, both thick and thin.

In a world of temptation we seek heavenly sensation.

As the gut wrenching breath, of that which is death, because that which is best,

Physical pretension

Creates illusions of spiritual ascension will come swiftly enough for those ones who think the purity of

product is so very sound, but under the scope is two thirds death and one third buff,

topped with a bullet and ear ringing shot, minus the sound

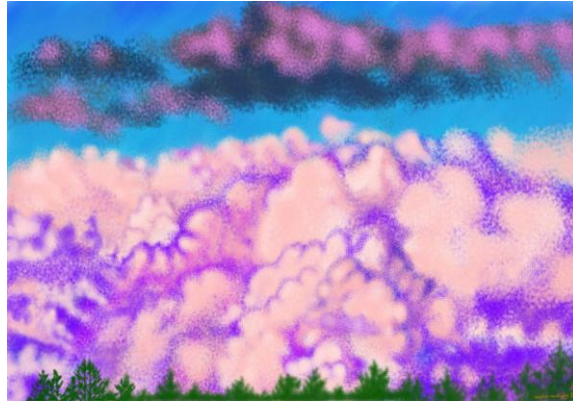
## Bike Helmets

By Joanna B.

Wear them! Concussions get worse with time! If you don't have one, please see Marie France or myself and we will buy you one.

Enough of the head injuries! Don't trust the cars!

## Clouds by: Christian N.



## Spring Cleaning

With spring here, it's clean up time! Remember you can bring us all your used gear to the NESI room or van.

We've got various sized bins. Big thanks to all the mini NESI's who have been bringing back supplies and picking up for other folks! You keep us all safe!



## Let them eat cake

by Glenn I.

(plaster mold & paint)



## Methadone Patients Rights

By: Pivot Legal Society

The care you receive in the methadone treatment program should be equal to the medical care that anyone should expect from their doctor, clinic, or pharmacy. Throughout your contact with medical professionals, you have a right to be treated with dignity and respect at all times by your physician and by the pharmacist filing your prescription.

### Quality of Care

You have a right to receive the highest quality of medical care. You have the right to receive your prescriptions from the pharmacy exactly when and how your doctor prescribes them. A pharmacist or a doctor cannot punish you for drug use or any other activity by withholding methadone. If you are incarcerated, you have the right to receive your full dose of methadone in a timely manner by the authorities. You have the right to receive treatment that is affordable to you.

### Choices about services

You have a right to freely choose which doctor to see for care and which pharmacy will dispense your treatment. Intimidation, coercion, threats, or bribery by a pharmacist or another person are against the law. You have the right to change your pharmacy at any time.

Talk to a harm reduction worker you trust about your options and rights when it comes to opiate substitution therapy.



## Guitar Hero in the NESI Room

Wednesday, April 26th

1:30pm to 3:30pm

With your host Brandie Sauve.

Party up with Guitar Hero!

## NESI Women's Harm Reduction Breakfast Drop-in

Join us for a delicious, nutritious morning!



When? 9:30-11:30am

Weds April 12<sup>th</sup> & Weds May 10<sup>th</sup>

Where? 3<sup>rd</sup> floor Somerset West Community Health Centre, 55 Eccles



A Safe place for female identified people to talk, hang-out or just drop-in and enjoy a free breakfast.



## Update:

### Good Samaritan Law & Calling 9-1-1

Over 50% of folks who witness overdose report not calling 9.1.1., out of fear of being criminalized or getting busted for dope.

This is a tragedy, as calling 911 is the most important thing you can do in the case of an overdose! Because of this, one member of Government created the **Good Samaritan Drug Overdose Bill**. When it becomes law (likely late April) this bill will mean that you can't be breached for conditions related to possession or arrested for possession if you call 911 when your friend is overdosing.

Remember, someone is overdosing, it's important to call 911 to make sure they get through it. When you call 911, tell the operator you need an ambulance because your friend is not breathing, not waking up (responding), has blue lips, face, nails, etc.

Avoid telling the 911 operator that your friend is overdosing; tell the operator your friend is overdosing might be a reason for the cops to show up, and even though you won't catch a possession charge or be breached for possession once the Good Samaritan bill becomes law, you could be questioned by the police and charged otherwise.

We want to hear from you!

Talk to a NESI worker about your experiences with calling 9-1-1!

### Polly Wants a Crack Pipe!

By Henry Cyr



## Part of the wellness workshop series...

### Housing and Tenant's Rights

**When?** Tuesday, May 2<sup>nd</sup> 1pm-3pm

**Where?** 3<sup>rd</sup> floor, 55 eccles

Get the scoop on your rights as a tenant with a presentation from Monica from housing help! All welcome! No registration required.

### SWCHC's Tai Chi & Qigong

This exercise class is for folks in the SWCHC catchment area with chronic conditions. Benefits of Tai Chi Qigong include reduced pain & stiffness, improved mood, enhanced immune function and lower blood pressure! We offer two classes per week.

**Mondays 9:30-10:30am**

**Where? Eccles 3<sup>rd</sup> floor**

To register, call 613.238.8210 ext 2381 or talk to a NESI worker!



We are a local collective of current and former drug users offering support, referrals, and health care resources.

**Visit us in person!**

**216 Murray Street (the Bridge)**

Fridays from 9:30-11:30am

Coffee & Tea

Phone and Washroom access, clothing donations, site supplies (needles & pipes), public Health Nurse (Naloxone training, wound care, STI/Pregnancy testing).

**380 Murray Street**

Tuesdays from 9:30-11:30am

Coffee & Tea

Fresh Breakfast

Social Worker onsite

Site supplies (needles & pipes)



## Sanctuary City for All

[Based on "Our Community Health Centres' plea for #SanctuaryCityOttawa" by Oriana Ngabirano and Tess Fremont-Cote for the Centretown Buzz. With modifications by Carl for NESI NEWS.]

Refugees and immigrants come to Ottawa with hopes of a better future. Their journey here is seldom easy. Often, they are fleeing difficult situations with the hope of integrating and contributing to a new society they can call home. So what happens when they get here...

When immigrants land in Ottawa, they have the daunting task of relearning basic life skills. This includes learning a new language and how to navigate a new society's complex systems such as health care. They often have to learn these skills while experiencing challenges such as culture shock, securing adequate employment (because they have foreign qualifications), and finding safe and affordable housing. Somewhat similar to when an addict quits. Like drug users, immigrants and refugees are commonly stigmatized by being labeled "foreign," "bogus" or "uncivilized," and can experience racial discrimination and hate crimes.

We believe everyone matters, including people who face challenges accessing health and social services because of their immigration status. With the rise of anti-immigrant sentiment and Islamophobia, immigrants and racialized communities in Canada are experiencing increased insecurity and violence. While Ottawa has taken important steps to welcome refugees, many people with precarious immigration status fall through the cracks.

This is because they are afraid of accessing municipal (and other) services for fear that revealing their status (much like serious drug users) could lead to serious hassles. Because of this fear, they don't call 9-1-1 in an emergency, don't report crimes, and don't access services/activities that contribute to health and well-being.

Designating Ottawa a "sanctuary city" would send a strong message to our friends and neighbours with precarious immigration status that they can access municipal services without fear.

Notice the similarity between the following quote and NESI's mandate...

"People shouldn't be living in fear. As the nation's capital, we want to see the City of Ottawa officially state its commitment to being a welcoming city to immigrants and refugees.

We need to communicate that 'you are safe here and you are welcome here,' because right now lots of people don't know that," says Siffan Rahman, manager of Somerset West Community Health Centre's Ottawa Newcomer Health Centre (ONHC).

Now, we turn to the City of Ottawa to formally mirror this sentiment and strengthen its commitment to providing immigrants and refugees with a safe place to live. Centretown and Somerset West CHCs are asking you to support the movement to make Ottawa a sanctuary city, following in the steps of other Canadian cities such as Toronto, Hamilton, London and Montreal.

Online, tweet #SanctuaryCityOttawa to advocate for the initiative in the coming months, and speak freely to friends and family. Or talk to a NESI worker on how to get involved in this campaign.

Here's to taking one step further together in ensuring that, in our city, everyone is welcome!

## Want to DETOX?

Need a break? Can't seem to do it without some support? Call Detox **613.241.1525**. Need to get there? Call a NESI worker at our numbers listed at the back of our page to help you get there.



**Drug Testing**  
**Now Available**  
**at the Tool Shed!**

Knowledge is power! Test it before you ingest it.

Want a drug testing Kit?

For more info, or to get a kit, stop by the **Tool Shed** or talk to Caleb at ACO, 19 Main Street.

613.238.5914 ext. 239. Reagents available mandellin, marquis, mecke. \$15 per reagent (limited pay-what-you-can is also available)

## Junk Daze

by: Joe Banks

Joe I feel the pain  
I feel the pain of everyone  
Then I feel nothing  
I feel the pain of everyone  
Junk  
Then I feel nothing  
Is this up to me?  
You won't way to see  
Screwed up again  
About as close as you get  
Then I feel the pain of everyone  
Then I feel nothing  
Junk  
Then I feel nothing  
Nothing  
Nothing at all...

## Mindfulness Based Relapse Prevention

By: John B

Shining light on the nature of our minds can be truly revolutionary for people living with substance use issues.

The mindfulness-based relapse prevention (MBRP) program offers something new to people living with addiction, a strategy and tangible tools to aid in recovery and sober living. MBRP also recognizes and normalizes peoples thought patterns and helps them gain a level of control and awareness over those patterns, particularly the destructive sides.

The importance of personal meditation practice as a basis for the training and preparation is emphasized in this program.

MBRP is informed by cognitive and behavioral psychology but it is mediation practice that separates this program from other substance use treatment programs.

For people who use drugs, the understanding that relapses are truly a part of recovery and may happen many times, is essential in long term sobriety. The necessity of non-judgmental support for individuals during active recovery and sobriety is the extremely important, and MBRP recognizes this and can be a strong tool for people who use drugs.

If you are interested in learning more about mindfulness based relapse prevention ask a NESI worker for resources or more information. You are also welcome to come and try meditation in the NESI room (55 Eccles) every Tuesday and Friday at 12:05pm, everyone is welcome, no experience needed and it is only 15 minutes.



By: No on Prison Expansion

We demand a moratorium on prison construction in Canada!

Prisons fail to meet their own stated objectives, notably with respect to rehabilitation, deterrence and fostering justice that provides a measure of healing for those impacted by criminalized acts.

Prisons reproduce inequality by pushing Indigenous peoples, the poor, the racialized, women made vulnerable by patriarchal structures, LGBTQ2, individuals with mental health issues and drug users, further to the margins of society.

The construction of prisons diverts funds from community infrastructure such as social and affordable housing, education, health and mental health care, cooperative businesses, public transit, and the like that promote our collective well-being and safety.

Looking to move? Can't find a place? Trouble paying rent? Shitty landlord?

Monica, from **Housing Help** is now available for drop-in help at Somerset West Community Health Centre , 55 Eccles. Drop by and get the housing support you deserve!

**Fridays 9am-4pm**

Justin Trudeau mandated the Minister of Justice and Attorney General of Canada to conduct a review of penal reforms initiated by the Conservatives during their decade in power, with a

particular focus on increasing the "use of restorative justice processes and other initiatives to reduce the rate of incarceration amongst Indigenous Canadians".

We call upon the Government of Canada to enact a federal prison construction moratorium, while encouraging Canadian provinces and territories to do the same. Additionally, the federal government should refrain from funding provincial and territorial prison construction projects at least until the conclusion of their review of the criminal justice system so that viable community alternatives can be seriously considered. A prison expansion moratorium, coupled with the use of carceral divestment strategies and justice reinvestment strategies would build capacity in Canadian communities for restorative and transformative justice responses to criminalized acts.

**Talk to a NESI worker about getting involved or signing the petition.**

Learn more about the most free flowing drugs out there... **coffee and sugar!**

Chat with **Bonnie, SWCHC's dietician!** Learn about the impacts these two substances have on the body & brain. Learn about interactions with other substances and their impacts on specific health conditions. *All Welcome!*



**Where? NESI Drop-in**  
**When? 1:30pm Thurs, April 27<sup>th</sup>**





41st Annual  
**Odawa**  
**POW WOW**  
TRADITIONAL

**May 27<sup>th</sup> & 28<sup>th</sup> 2017**

Gates Open @ 10:00 am - Grand entry @ 12:00 noon

MC: To Be Announced

Arena Director: Greg Meekis

Host Drum: Ottawa River Singers

Head Dancers: to be decided each day

**FREE ADMISSION!**

(donations will be accepted at the Gate)

Location: same as last year

**200 Moodie Drive**  
South of the Queensway

Vendor, Exhibitor and Volunteer applications can be found at [Odawa.on.ca](http://Odawa.on.ca)  
or requested by email: [odawapowwow@odawa.on.ca](mailto:odawapowwow@odawa.on.ca)

Find us on Facebook at 41st Odawa Pow Wow or [Tweet@ODAWA\\_NFC](https://twitter.com/Tweet@ODAWA_NFC)  
Let Us know you're coming and give us a shout out on social media.



Odawa Native Friendship Centre  
250 City Centre, Ottawa, ON Tel: 613-722-3811

**WE LOVE YOU.**

**BE SAFE.**

**CARRY  
NALOXONE.**



**Get your Kit Today! Ask a harm reduction worker on where you can get one!**

Witnessing an overdose, losing a loved one to an overdose, or even bringing someone back from an overdose can be a traumatizing event. Be sure to debrief with someone you trust.

***Need Someone to listen?*** There is always someone at NESI to hear you out.



## Preventing an Overdose

Here's some tips to reduce the chance of experiencing an overdose:

- Don't use alone
- Leave door unlocked
- Tell someone to check on you
- Start with a small amount
- Do testers to check strength
- Mixing drugs, including alcohol, increases risk of overdose
- If you do mix, choose to use drugs before alcohol (you can puke out the alcohol, but not the drug you shot up)
- Pace yourself
- Choose a safer route of taking drugs
- Be aware: using drugs while on prescribed medications can increase overdose risk
- Call 911 right away if someone overdoses [e.g. has difficulty breathing or loses consciousness]
- Some conditions can put you at higher risk (like hep C.)
- Use less if you are sick
- Use where help is easily available (e.g. most importantly around people you trust)
- Make a plan/know how to respond in case of OD.
- Be prepared to give breaths and/ or administer naloxone (Narcan) until help arrives
- Overdose response training and naloxone kits are available for free! Talk to a harm reduction worker or someone with a kit to give you the scoop!

## Responding To A Fentanyl (or opioid) Overdose

Overdose is most common when...

- Your tolerance is lower (you took a break, were in detox/treatment or jail, or you are new to use)
- You have been sick, tired, run down, dehydrated or have liver issues
- You mix drugs: prescribed or not, legal or illegal
- The drugs are stronger than you are used to: changes in supply, dealer, or town.

Feels and looks like...

- Person cannot stay awake
- Can't talk or walk
- Slow or no pulse
- Slow or no breathing, gurgling
- Skin looks pale or blue, feels cold
- Pupils are pinned or eyes rolled back
- Vomiting • Body is limp
- No response to noise or knuckles being rubbed hard on the breast bone

While you are waiting for an ambulance to arrive, follow the **Five Steps protocol**-> Stay with person. Use their name. Tell them to breathe • Call 911 and tell them person is not breathing. When paramedics arrive tell them as much as you can about drugs and dose • Use naloxone if available. Naloxone only works on opioid overdose • After naloxone a person might feel withdrawal. Do not take more drugs. Sick feeling will go away when naloxone wears off (30 –75 minutes). **Be aware: overdose can return**

## IN CASE OF AN OVERDOSE EN CAS DE SURDOSE

**1 Shake & Shout  
Secouer & Crier**



**2 Call 911 if unresponsive  
Appeler 911 si inconscient**



**3 Naloxone**  
**Inject 1 ampule (1cc) of Naloxone  
into Arm or Leg muscle**  
**Injecter 1 ampoule (1cc) de Naloxone  
dans un muscle (bras ou jambe)**



**4 CPR 30 compressions,  
2 breaths with mask**  
**RCR 30 compressions,  
2 respirations avec masque**



**5 Better? If not better after 3-5 minutes,  
give a 2<sup>nd</sup> dose of Naloxone and continue  
CPR until paramedics arrive.**  
**Mieux? Si ce n'est pas mieux, donner une  
2<sup>e</sup> dose de Naloxone et continuer le RCR  
jusqu'à l'arrivée des paramédics.**