

# Overdose Advisory



Issued for Prince George

For Immediate Release: April 17, 2024

Northern Health is issuing an **Overdose Advisory** for the community of **Prince George** due to an increase in drug poisoning/overdose events.

**Take care, drugs move throughout the north, please share this alert widely.  
We have included safety recommendations below.**

## For your safety

- Get overdose prevention, recognition, and response training; carry naloxone.
- Try not to use alone.
- Make a plan and tell a buddy who can call for help if needed.
- If you plan to use alone, use the Lifeguard or Be Safe app available free on the app store or on Toward the Heart website (<https://towardtheheart.com>) or call National Overdose Response Service (NORS) 1-888-688-6677
- Know your tolerance. Use much less if you are sick or had a time of abstinence or reduced use.
- When possible, avoid mixing drugs or mixing drugs with alcohol.
- Test a small amount first, start low and go slow.
- Use in an Overdose Prevention Site (OPS) if possible (see Terrace location listed below)
- **Get your drugs checked** at The POUNDS Project Society  
**Address:** 1126 3rd Ave  
**Hours:** 4 days a week, 1 pm to 9 pm Wednesday through Saturday (closed Sundays, Mondays and Tuesdays)

## Local Overdose Prevention Sites (OPS)

### Prince George Needle Exchange

Address: 277 George St

Monday to Saturday, 9 am to 11:30 am, and 1:15 pm to 6:30 pm

### The POUNDS Project Society

Address: 1126 3rd Ave, Prince George, BC

OPS/Drop-in, Wednesday to Saturday, 5 pm to 9 pm



First Nations Health Authority  
Health through wellness



**northern health**  
the northern way of caring