



**NUXALK
NATION**
Uts'i s-thilh Nuxalkmcih



TOXIC DRUG POISONINGS ALERT

Recently there have been drug poisonings and overdoses, including fatalities, in the Redstone area related to drug use.

**START LOW
+
GO SLOW!**

**Be a buddy:
Reach out for a
buddy so no one
uses alone!**

No matter what or how you use (smoking, snorting, injecting) take steps to prevent overdose:

- Carry Nalaxone and know how to use it
- Nalaxone is available at the front desk of the Band Office, including instructions on how to use it.
- Get the Lifeguard App - lifeguarddh.com
- Call 211 or visit 211.ca to find services near you.

Nuxalk Health - 250-799-5809 - nuxalknation.ca