

Bringing Exempted Substances for Personal Use into Our Buildings

For the people we serve and their essential care partners



Adults 18 years and older are allowed to have small amounts of exempted substances for personal use. This includes Fraser Health sites.

The 4 types of exempted substances

- opioids, including heroin, morphine, and fentanyl
- cocaine, including crack and powder cocaine
- crystal meth (methamphetamine)
- ecstasy, molly, mandy (MDMA)

You do not need to share with us that you have these exempted substances or supplies.

You have the right to tell us when you feel safe to do so. It is best to tell us about what drugs you use as soon as possible. This is so we can go over any drug interactions and give you the best health care.



What you can expect from us

Everyone involved in your care must respect your freedom and confidentiality. We must provide respectful care. Expect us to communicate with you in ways that are:

- free from stigma
- culturally safe
- trauma and resiliency-informed
- harm-reduction based

We will support you by giving you information on:

- where to get substance use supplies
- where to find drug checking locations
- where to find overdose prevention services nearby
- how to get substance use services if you are concerned about your substance use

We will also offer to teach you about safer substance use such as safer smoking, safer screens, and safer injecting.

What we expect from you

We ask you to do all of the following while at our sites:

- Only have small amounts of the types of exempted substances allowed for personal use.
- Follow our policy for Smoke, Vapour and Tobacco Free Premises which bans smoking or vaping in our sites or on our surrounding property.
- Always keep exempted substances and supplies out of sight from others.
- Use a sharps disposal container to dispose of used drug supplies.
- Be respectful to staff, patients and other visitors.

Note: Some sites ban the use due to safety risks such as concerns about unwitnessed overdose, drug interactions, and interfering with medical treatments.

Ways to stay safer

- Never use alone.
 - Make sure you use in sight of others.
 - Let someone know that you will be using.
 - Know how to use the naloxone kit.
- Test your drugs.
 - Use a small “starter dose” to test the dose strength.
 - Get your drugs tested to check for fentanyl and other contaminants that are harmful.
- Look after your supplies.
 - Carry a naloxone (Narcan) kit with you.
 - Use new harm reduction supplies each time you use.
 - Do not reuse syringes.
 - Do not share used supplies with others.
 - Put used supplies such as tubing, screens, and foil in garbage containers after using them.
 - Put used sharps and syringes in sharps disposal containers.
- Look after yourself
 - Eat and drink water before using.
 - Wash your hands before using.
 - Use harm reduction filters. Do not use a steel wool (Brillo) pad or cigarette butts.
 - Follow safe vein care procedures such as using a tourniquet, using alcohol swabs, and choosing lower veins first.
 - Do not drive or operate machinery after using.

Alert

Substances and used substance use supplies might be removed and kept in a safe place by staff if they are left visible to others. Substances will be returned to you when you are ready to leave the site.

Concerns or compliments about your care

If you have concerns or compliments about your care, you can speak with the person who provided the service, or to the manager or supervisor.

We take your concerns seriously, and will do our best to find a solution with you. Making complaints about your care will not have a negative impact on your care. If you are not satisfied with the solution after speaking with the manager or supervisor, you can contact the Patient Care Quality Office at:

Phone: 1-877-880-8823

E-mail: pcqoffice@fraserhealth.ca

Website: fraserhealth.ca/about-us/compliments-and-complaints

To support British Columbia's [Exemption from the Controlled Drugs and Substances Act](#) (decriminalization).

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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For more copies: patienteduc.fraserhealth.ca