



It's happening in our community, too.

Six lives are lost every day due to the unregulated and highly toxic drug supply in B.C.*

Keep yourself and your loved ones safe.

Quality check drugs

Find free and confidential drug checking sites.

Avoid mixing drugs

Mixing drugs with alcohol, medications or other drugs can be dangerous.

Use the Lifeguard app

If using alone, the Lifeguard app will alert emergency medical services in case of an accidental overdose.

Save a life

Get a free Naloxone kit from a participating local pharmacy. Naloxone can reverse opioid overdoses.

*On average



Free, confidential help is available.

Scan QR Code or visit:

[fraserhealth.ca/
southasian](https://fraserhealth.ca/southasian)

Call Fraser Health Virtual Care:

1-800-314-0999

Interpreters are available in different languages like Punjabi, Hindi and Urdu.

