



# 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.

