

# WARNING

## Confirmation of illicit fentanyl

### PREVENT AN OVERDOSE

- **Don't use alone—fix with a friend**
- Many drugs are being cut/mixed with fentanyl and you may not know it
- A dose of illicit fentanyl as small as one grain of salt can be fatal
- Start with a small test dose for strength—you can always add more
- Avoid mixing drugs
- Know your dealer
- **Get your overdose prevention kit (Naloxone/Narcan) at a pharmacy or Public Health**

613-966-5500





## Signs of an Opioid Overdose

- Can't wake the person up
- Breathing is very slow
- Deep snoring or gurgling sounds
- Fingernails or lips are blue
- Body is limp
- Pinpoint pupils

**If you see any of these signs —**

**CALL 911**

**and use your overdose prevention kit**

613-966-5500 TTY 711  
[www.hpepublichealth.ca](http://www.hpepublichealth.ca)

