

Drug Overdose Prevention and Response Safety Plan

Statement

In the event of a suspected drug overdose on campus, it is essential to follow clear response protocols to ensure an effective, coordinated, and rapid response. Notifying emergency medical services by calling 9-1-1 is a critical first step that everyone must be aware of. Administering readily available naloxone and performing rescue breathing (if needed) as quickly as possible is among the most effective measures to prevent further harm. Drug overdose situations and how to recognize them, and respond, must be described and communicated to all students and employees through poster messaging on campus and on the website. External educational, testing and access to naloxone resources must be provided as well, so current users may be informed of the risks and ways to reduce harm to themselves.

Creating Awareness: Messaging to students and employees

Orientation packages includes a printed one-page information sheet on the toxic drug crisis in Canada, including information on how to recognize a drug overdose, what steps to take, and external resources. All students receive this orientation package when they start at Alexander College. It will be made clear that unregulated drugs are not safe, and prescription drugs must be treated with caution

Posters regarding overdose awareness, and emergency responses will be placed in common areas such as washrooms and study areas. The location of Naloxone posters is also posted, along with staff names of those staff who have completed the naloxone information training session.

In addition to practical emergency response protocols, posters describing supportive resources and addressing the stigma drug users face will also be posted in common areas. It will be made clear that there are no academic repercussions for seeking help for addictions or during an overdose.

The website features a section on drug overdose and awareness protocols, access to Naloxone and external resources in metro Vancouver.

Readily available Naloxone

Naloxone is available in the first aid room on campus. Posters describe the location and type of naloxone (injectable/nasal), and naloxone trained staff names provided. Naloxone is to be kept on campus at all times.

Response Protocols in the Event of a Suspected Drug Overdose on Campus

The messaging to the college community regarding drug overdoses and how to respond is meant to create awareness that this type of incident may happen on campus.

In the event of an overdose, all individuals must know to call 911 first and describe the situation including the person's breathing. Calling 911 first is critical when an individual's breathing is compromised, 911 services will guide witnesses on how to follow the SAVE ME steps while emergency personnel is on the way. Practical response procedures are noted below.

Emergencies

If you suspect an overdose, call 9-1-1 right away and inform the Front Desk and Campus Security, The [Good Samaritan Drug Overdose Act](#) protects those responding to an emergency, even if you have substances on you.

There are no academic repercussions for asking for help with addictions or during an overdose.

A public health emergency has been issued in response to the rise in drug overdoses and deaths linked with Fentanyl, a synthetic opioid that can be fatal when obtained illegally. Fentanyl has been detected in cocaine, crack, MDMA (ecstasy), meth, heroin, fake Oxycodone, and fake Percocet. So far this year, over 1,200 people have died in BC as a result of illicit drug use. The Fentanyl crisis is extensive and devastating – it's important to make a plan to stay safe and know how to recognize the signs of an overdose.

- Reduce your risk
- Never use alone. Instead, stagger your usage with a friend's by waiting 5 to 10 minutes before the other person uses. [Download and use the Lifeguard app](#). Also, remember to look out for your friends and stay alert for signs of an overdose, including severe sleepiness, unresponsiveness to being roused, and shallow breathing.
- Go slow. Use low doses of the drug to start. If the drug contains fentanyl, even small doses could cause an overdose within 10 minutes.

- Don't mix drugs with each other or with alcohol. Mixing drugs is more likely to cause an overdose.
- Carry naloxone – it's confidential and free
- Kits are also available for purchase at [participating BC pharmacies](#).

Know the signs of an overdose

- Person cannot stay awake
- Can't talk or walk
- Slow or no breathing, gurgling
- Skin looks pale or blue, feels cold
- Pupils are pinned or eyes rolled back
- Vomiting
- Body is limp
- No response to noise or knuckles being rubbed hard on the breastbone

Know what to do in case of an overdose

If you suspect an overdose, **call 911**, then follow the **SAVE ME** steps:

S – Stimulate. Check if the person is responsive, can you wake them up?

A – Airway. Make sure there is nothing in the mouth blocking the airway or stopping them from breathing.

V – Ventilate. Help them breathe. Plug the nose, tilt the head back, and give one breath every five seconds.

E – Evaluate. Do you see any improvement?

Use naloxone if available:

M – Muscular injection. Inject one dose (1cc) of naloxone into a muscle. [Learn more about how to use Naloxone](#), including nasal naloxone.

E – Evaluate & support. Is the person breathing on their own? If they are not awake in five minutes, give one more 1cc dose of naloxone.

Naloxone is proven to work for opioid overdoses. Other remedies may be harmful. Naloxone is the antidote to drug overdoses caused by opioids, including fentanyl.

Overdose prevention sites

Overdose prevention sites are managed by health authorities in co-operation with community partners across the province. These designated spaces, which are integrated into existing social service or health care settings or in newly established locations, provide on-site monitoring for people at risk of overdose and allow for rapid response when an overdose occurs.

Get Your Drugs Tested

880 East Hastings St

Noon – 8pm Every Day

Insite

139 East Hastings St Vancouver

9am – 2am Every Day

Drug Checking: 10am – 4pm

Get Your Drugs Tested

40 Begbie Street

New Westminder

BC V3M 3L9

Phone: 604-526-2522

Seven days a week, 3:00 p.m. – 10:00 p.m.

Additional Resources:

Toward the Heart: [Naloxone quick-learn](#)

Toward the Heart: [How to Use Naloxone Video](#)

BC Pharmacists: [Naloxone Brochure\(PDF\)](#)

[Stop Overdose BC](#)

[Download the Lifeguard app](#)

[Harm Reduction Site Finder](#)

[Information for Alerts](#)

Sign up for text messages from local health authority apps with warnings about alarming instances of toxic drug risks in their local community. Toward the Heart provides such a service province wide that can be accessed through personal mobile devices

Take-Home Naloxone kits

Take-Home Naloxone kits are available from local distribution sites and self-help materials available through [Toward the Heart](#) and [StopOverdose.gov.bc.ca](#).

Where to access take-home fentanyl test strips

[ACT/AOT/Car 87](#)

[Covenant House](#)

[Foundry Vancouver](#)

[Get Your Drugs Tested \(website\)](#)

[Vancouver Coastal Health \(directory\)](#)