

Benzodiazepines and Overdose

What you need to know.

NOTICE:

Benzodiazepines are suspected in Peterborough's opioid drug supply.

What happens when Benzos are mixed with opioids?

Benzodiazepines slow down breathing. Taking opioids and benzos together increases the risk of overdose and death. A benzo-related overdose may last for hours and make it hard to wake the person up.

Signs and Symptoms:

- Extreme sleepiness or passing out
- Poor balance and movement control
- Slurred speech
- Blackouts and memory loss

What to do:

- **GIVE NALOXONE.** This will help reverse the opioid overdose. This may improve breathing, but the person may not regain consciousness due to sedation from benzos.
- **Call 911** to get medical help and keep monitoring their breathing

If you need help or have questions:



**Peterborough
Public Health**

705-743-1000, ext. 364
www.peterboroughpublichealth.ca

To get naloxone contact:

Peterborough Public Health... 705-743-1000

PARN... 705-749-9110

FourCAST... 705-876-1292

360 Clinic... 705-874-3900

Canadian Mental Health Association... 705-748-6711

One Roof Community Centre... 705-874-1812

MSORT (Mobile Support Overdose Resource Team)... 705-760-0673

Curve Lake Health Centre... 705-657-2557

Hiawatha First Nation L.I.F.E. Services Centre... 705-295-4421

Participating Pharmacies... www.ontario.ca/naloxone