

# Keep yourself and your loved ones safe.

### **Quality check drugs**

Find free and confidential drug checking sites.

### **Use the Lifeguard app**

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

### **Avoid mixing drugs**

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

### 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:

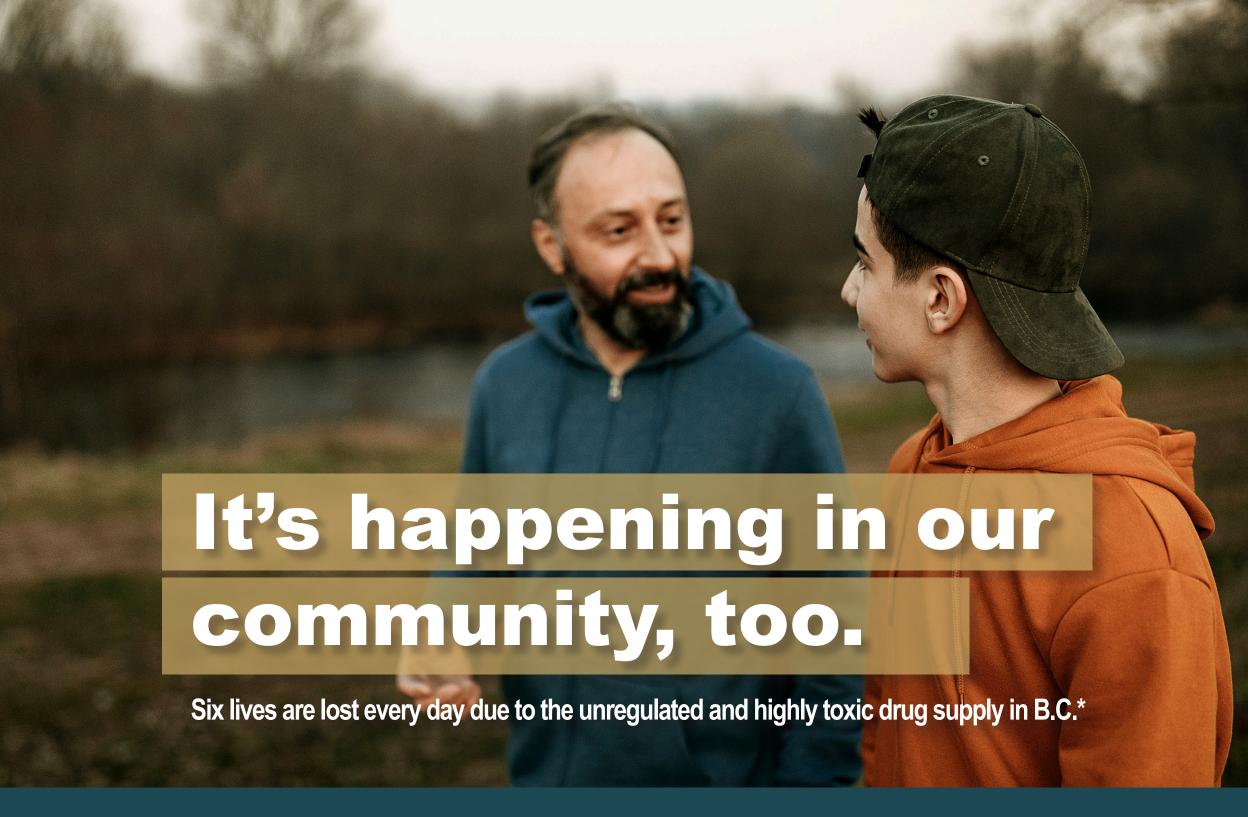
fraserhealth.ca/ southasian

Call Fraser Health Virtual Care:

1-800-314-0999

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





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