

# **PRAIRIE OVERDOSE CRISIS: A PANDEMIC WITHIN A PANDEMIC**

**Overdoses have increased as a result of limitations in access to services during COVID-19 and an increase in negative mental health. Many people who use substances have been exposed to excessively unreliable street drugs during COVID-19.**

## **Suggested Strategies**

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**Increase availability of and training for Naloxone kits. Administering Naloxone has prevented many fatal overdoses during COVID-19**

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**Encourage people who use drugs to practice harm reduction strategies over sobriety during COVID-19. Such as: test dosing, carrying Naloxone, avoidance of stockpiling, and establishing a socially distanced buddy system while using.**

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**Advocate for the funding and opening of safe consumption sites and addiction services.**

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**Increase visitation frequency with people who use substances, especially at-risk youth.**

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