

## Drug Alert Warning: 26 October 2023

Services have been made aware that there may be substances in East Lothian that may be of a higher strength than people are used to.

This may increase the risk of significant harm and potentially death.

**The only way to guarantee your personal safety or the safety of others is not to take them.**

If you, or someone you are with chooses to take them, please:

- Smoke rather than inject,
- Reduce your usual dose,
- Do not use other drugs and/or alcohol at the same time,
- Do not use drugs alone,
- Ensure that you and people you are with have a Take Home Naloxone kit.

**Mixing substances, e.g., opiates and benzos is putting people at higher risk of drug related deaths.**

### Harm Reduction Advice

- The only way to guarantee your personal safety or the safety of others is not to take them.
- If you or someone you are with are offered any substances that you do not recognise, please treat them with extreme caution.
- Naloxone can temporarily reduce the effects of an opioid overdose and allow time for an ambulance to attend. Should you wish to have a kit, phone the Contact Service on 07843339958.

### In an emergency

If someone overdoses, or has an adverse reaction:

- Always get help quickly,
- Remain calm, call 999 and ask for an ambulance,
- Provide as much information as possible and be honest about what was taken,
- If you are with someone, if available, please administer naloxone to reverse the effect of any opiates,
- Stay with the person until the ambulance arrives.

### Substance Use Support

If you or someone else would like to access support for their substance use, please contact MELD Contact Service on **07843339958**

Open **Monday to Friday 9am – 5pm** and **Thursday to Sunday 5pm - 10pm**.

The Substance Use Service can issue and provide training for you / your staff on the use of Naloxone.