

## Rise in suspected fentanyl overdoses triggers alert from local police Free Naloxone kits available from NHH, many local access points



While the COVID-19 pandemic continues, another critical public health issue has not disappeared: opioids.

Local police issued an alert last week reporting a rise in suspected overdoses believed to be linked to the opioid drug, fentanyl.

NHH's Emergency Department and Community Mental Health and Addiction teams work with area partners to support those addicted to opioids. "We understand that the road to treatment and recovery is not easy," says Jennifer Cox, Integrated Director, Community Mental Health. "NHH's Emergency Department team, MHEART program, Walk-In Clinic

and Rapid Access Addiction Medicine (RAAM) Clinic are here to help. Our RAAM service, offered in partnership with Peterborough Regional Health Centre and Four Cast Addiction Services, offers expedited, barrier-free treatment for individuals coping with addiction."

Based on a philosophy for treatment and care that is client-centred, trauma informed and without judgement, the RAAM Clinic offers a healing environment to those seeking help with substance use addictions. Clients can get help from a physician, nurse and addiction counsellor. Fast access to medication-assisted therapy is available for both alcohol and opioid use disorders, as well as support or referral for individuals not currently connected to addiction recovery services and resources.

### Five steps to reduce risk of overdose

If you or someone you know is planning to use street drugs, these five steps can reduce risk of overdose: remember to never use drugs alone; be careful about dosage size; avoid mixing drugs; know the signs and symptoms of overdose; have a naloxone kit available in case of an overdose. Always call 911 immediately if you or anyone else you are with needs medical assistance.

### FREE Naloxone kits available at NHH Community Mental Health Services office, NHH Emergency Department, area pharmacies and more

Naloxone is a medication with the potential to temporarily reverse an overdose by blocking the effects of opioids. Signs of a suspected overdose can include pale skin, small "pinpoint" pupils, blue lips or nails, difficulty breathing, choking or gurgling, slow heartbeat, limp limbs, drowsiness or an inability to wake up.

When an overdose is expected, the person should be given Naloxone immediately after calling 911. The effects of the medication are usually quick but are not long-lasting and medical assistance will be needed.

Police and area first responders are equipped with Naloxone kits. Naloxone kits and supporting education on how to use them are available for free from the Northumberland Hills Hospital Emergency Department, the NHH Community Mental Health Office (2<sup>nd</sup> floor, 1011 Elgin Street West, Cobourg), and multiple local pharmacies. For more on where you can get a kit in Ontario, go to [ontario.ca/page/get-naloxone-kits-free](http://ontario.ca/page/get-naloxone-kits-free).

For more on mental health and addiction services available from NHH, please visit [nhh.ca](http://nhh.ca) or call **905-377-9891** or **1-888-294-7579**.

### Roof repairs and replacement under way at NHH

Roof repairs and replacement are underway at NHH, and visitors to the hospital will notice safety barriers ringing the roof line for the coming weeks and delivery vehicles depositing supplies.

While prior work has been done to repair isolated areas that were either leaking or appeared at risk of leaking, this is the first fulsome repair of its kind since the 1000 DePalma Drive building opened in October 2003.

A crane is being used to safely lift materials onto the roof and supplies are being temporarily stored in various locations around the building to support the work. As with all facility improvements, the hospital team has taken steps to minimize disruption. We thank everyone for bearing with us as this essential work is completed. The work is on schedule for an expected completion by late fall, weather and global construction supply chain requirements permitting. For more information, please [nhh.ca](http://nhh.ca).

## COVID-19 vaccination – Delta is here, don't delay!



With the Delta variant circulating in our province and community, it is extremely important that all eligible residents receive their full COVID-19 vaccination as quickly as possible.

Vaccination remains our best defense against COVID-19 and its variants. On August 18, 2021, Ontario expanded eligibility for the Pfizer COVID-19 vaccine to all youth who will be turning 12 in 2021, helping more students receive protection prior to returning to school this fall.

COVID-19 vaccine is now widely available from many sources, including primary care providers, pharmacies, mobile/pop-up clinics like the one shown above, hosted recently by the Ontario Health Team of Northumberland at Victoria Beach, Cobourg. Pop-up clinics like this will continue to be offered as long as there is demand. For the latest information on local mobile clinic options, see the News and Notices section of the OHT-N website, [ohtnorthumberland.ca](http://ohtnorthumberland.ca), and follow the OHT-N social media feeds on Twitter and Facebook. Updates are shared as information becomes available.

Effective September 3, as more and more receive the COVID-19 vaccine and the number of individuals needing a vaccination grows smaller, the Haliburton, Kawartha Pine Ridge District Health Unit will wind down its mass vaccination clinics in Cobourg, Minden, Fenelon Falls and Campbellford and redirect efforts to more targeted opportunities, including area schools. Walk-in appointments continue to be available at these mass vaccination sites until September 3.

For a complete listing of local public walk-in vaccination options operated by the Health Unit, see their website, [hkpr.on.ca](http://hkpr.on.ca), and follow the social feeds of all area health care providers for the latest news.

### Need a COVID-19 test?

The NHH COVID-19 Assessment Centre is open daily (excluding statutory holidays), from 8AM to 4PM, for pre-booked appointments. Call **905-377-7783** to schedule a test. Access to a primary care provider (doctor or nurse practitioner) is also available through the Assessment Centre and the adjacent Emergency Department for assessment and, if necessary, treatment of symptoms that may be associated with COVID-19. For example, parents wondering if their child requires a prescription for an ear infection or possible strep throat can access the Assessment Centre service for support.