

Needle Syringe Sites

To reduce your risk of an overdose:

- * Do not take drugs when you are alone. When you take them, leave the door unlocked and use with a sober friend. If you have to use alone call NORS (National Overdose Response Service) at 1-888-688-6677.
- * Keep an eye on your friends and look out for them.
- * Carry a naloxone kit and know how to use it.
- * Take extra caution if mixing substances. Mixing substances can increase the risk of harm and drug overdoses/poisonings.
- * Take a small sample of the drug before taking your usual dosage.
- * Recognize the signs of an overdose: Slow or no breathing, gurgling or gasping, lips/fingertips turning blue, difficult to wake up, non-responsive.
- * If you think you may be having an overdose or are witnessing an overdose, call 9-1-1 immediately.

The new Canadian Good Samaritan Drug Overdose Act can provide legal protection if you call 9-1-1 to save the

Grey Bruce Health Unit
101 17th St. East, Owen Sound
Monday-Friday 8:30am-4:00pm

Safe N' Sound
310 8th St. East, Owen Sound
Monday-Friday 12:00pm-3:30pm

Addiction Treatment Centre
1050 2nd Avenue East,
Unit 2/3, Owen Sound
Monday-Thursday 8:30am-3:00pm
Friday 8:30am-2:00pm
Saturday & Sunday 9:00am-12:00pm

Owen Sound IDA Pharmacy
6-810 10th Street West,
Owen Sound
Monday-Friday 9:00am-6:00pm,
Saturday 9:00am-2:00pm

Brown's Guardian Pharmacy
331 Durham St., Walkerton
Monday-Friday 9:00am-6:00pm,
Saturday 9:00am-5:00pm

Lucknow Pharmasave
622 Campbell Street, Lucknow
Monday-Friday 9:00am-6:00pm
Saturday 9:00am-5:00pm

Durham Apothecary
320 College St. North, Durham
Monday-Thursday 9:30am-6pm,
Friday 9:00am-5:00pm,
Saturday 10:00am-4:00pm

Pharmasave, Hanover Medical Clinic-lower level
118 7th Avenue, Hanover
Monday-Friday 8am-6pm

Dundalk Village Pharmacy
1 Main St. East, Dundalk
Monday-Friday 9am-6pm
Saturday 9:00am-4:00pm

Rexall
54 Sykes Street North, Meaford
Monday, Tuesday, Thursday,
Friday 9:00am-8:00pm,
Wednesday & Saturday 9:00am-6:00pm, Sunday 10am-3pm

Kristen's Pharmacy-Southampton
197 Albert Street South Unit#3,
Southampton
Monday-Friday 9am-6pm,
Saturday 9am-1pm

Sauble Beach Pharmacy
329 Main Street
Monday-Friday 9:00am-6:00pm
Saturday 9:00am-5:00pm

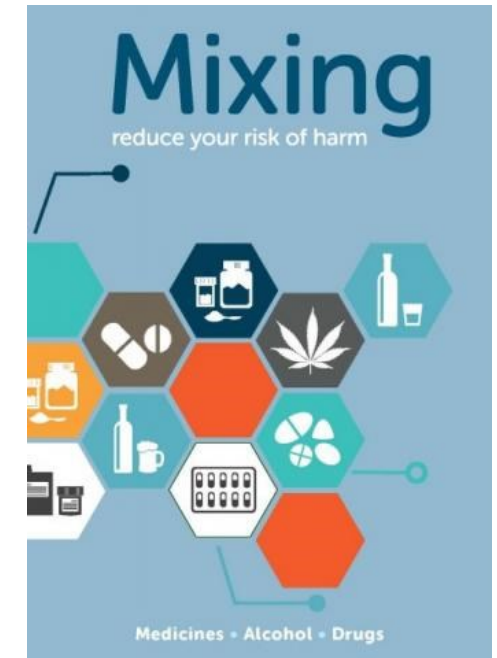
The Green House, Warton
527 Berford Street
2nd and 4th Thursday of every
month 9:30am—2:30pm

Chesley Pharmacy
38 1st Ave S, Chesley
Monday-Friday 9:00am-5:00pm

South East Grey Community Health Centre
55 Victoria Street, Markdale
Monday-Friday 8:30am-4:30pm

Paisley Pharmacy
514 Queen Street S, Paisley
Monday-Friday 9:00am-6:00pm
Saturday 9:00am-4:00pm

RISK GUIDE TO DRUG COMBINATIONS



Know Your Risk

Grey Bruce Public Health

Preventing disease, promoting health,
protecting you.

www.publichealthgreybruce.on.ca

Guide to Drug Combinations

Legend					
Low Risk & No Effect •	Low Risk & Decrease Effect ↓	Low Risk & Increase Effect ↑	Caution: Some Risk !	Unsafe: High Risk ∅	Dangerous: Very High Risk ⊗

	Cannabis	Ketamine	Amphetamines	MDMA	Cocaine	Alcohol	GHB	Opioids	Tramadol	Benzodiazepines	SSRIs	
Cannabis	Cannabis	↑	!	↑	!	↑	↑	↑	↑	↓	•	Cannabis
Ketamine	↑	Ketamine	!	↑	!	⊗	⊗	⊗	⊗	!	•	Ketamine
Amphetamines	!	!	Amphetamines	↑	!	!	!	!	⊗	↓	•	Amphetamines
MDMA	↑	↑	↑	MDMA	!	!	!	•	⊗	↓	↓	MDMA
Cocaine	!	!	!	!	Cocaine	∅	!	⊗	⊗	↓	•	Cocaine
Alcohol	↑	⊗	!	!	∅	Alcohol	⊗	⊗	⊗	⊗	!	Alcohol
GHB	↑	⊗	!	!	!	⊗	GHB	⊗	⊗	⊗	•	GHB
Opioids	↑	⊗	!	•	⊗	⊗	⊗	Opioids	⊗	⊗	•	Opioids
Tramadol	↑	⊗	⊗	⊗	⊗	⊗	⊗	⊗	Tramadol	⊗	⊗	Tramadol
Benzodiazepines	↓	!	↓	↓	↓	⊗	⊗	⊗	⊗	Benzodiazepines	•	Benzodiazepines
SSRIs	•	•	•	↓	•	!	•	•	⊗	•	SSRIs	SSRIs
	Cannabis	Ketamine	Amphetamines	MDMA	Cocaine	Alcohol	GHB	Opioids	Tramadol	Benzodiazepines	SSRIs	

Adapted from TripSit: https://wiki.tripsit.me/images/3/3a/Combo_2.png

This information has been researched to the best ability of the TripSit team, and the greatest effort has been made not to include incorrect or misleading information though some information may never be 100% accurate.

This chart is meant as a quick reference guide and additional research must always be done. It is not sufficient to only consult this chart when considering a combination. Use at your own risk and please try to be safe.

When mixing drugs keep potentiation in mind and start with lower doses of each substance.

For more information on specific drugs visits <http://drugs.tripsit.me>

Up-to-date information, details, explanations and references are published on <http://combo.tripsit.me>

Further information about individual drugs including dosages, durations and harm reduction advice is available at <http://drugs.tripsit.me/>



Mobile app

Resources:

[Find where to get a free naloxone kit: ontario.ca/page/where-get-free-naloxone-kit](https://ontario.ca/page/where-get-free-naloxone-kit)

[For pointers talking about drugs, check out: canada.ca/en/health-canada/services/substance-use/talking-about-drugs.html](https://canada.ca/en/health-canada/services/substance-use/talking-about-drugs.html)

[For more information about opioids, visit: canada.ca/en/health-canada/services/opioids.html](https://canada.ca/en/health-canada/services/opioids.html)

Looking for help with substance use, but not sure where to start? Call 2-1-1 or visit 211ontario.ca

For additional support, call or visit Grey Bruce Public Health at 101 17th St E, Owen Sound, ON N4K 0A5, (519) 376-9420