

Red = urgent action to prevent confirmed risk of death
Amber = action to prevent possible harm
Green = for information only

AMBER DRUG ALERT – For Information

Date:	31 st July, 2019
Location of Incident:	South Essex
Drug of concern:	<i>Not Confirmed</i>
Identified risk:	<i>Drug related deaths</i>
Source of information:	Public Health, Essex County Council, Southend-on-Sea Borough Council
Alert instigated by:	Cambridgeshire/Peterborough Public Health Team

Dear All,

We have received the following information from **Essex colleagues**

Five people have been found dead on Monday and Tuesday in Leigh-on-Sea, Westcliff-on-Sea, Canvey Island and Benfleet, in circumstances which suggest a link to the use of Class A drugs. Post-mortems/toxicology have yet to be carried out to identify which substances were taken by those who died.

In the meantime, it would be worth sharing the following messages with your colleagues and people who use drugs as a reminder of how to reduce the risk of drug related death and how to identify and respond to an overdose.

Drug supplies change, best test first

What's in your drugs can change frequently and your dealer doesn't always know what's in them or how powerful they may be. Best use small amounts to test first.

Look out for your mates

If possible - use with your mates. Using alone is much more risky as there is no one to look out for you if you overdose.

Look out for the signs of overdose

An overdose won't always look the same but some of the signs to look out for are:

- Falling unconscious
- Very light shallow breathing or no breathing
- Loud raspy 'snoring' or gurgling
- Blue or pale lips or fingertips

Call an ambulance

Naloxone - get it, carry it, use it

If someone overdoses on opioids act fast – don't wait to see if they will recover – you could save their life:

- Remember - call an ambulance immediately
- check the person is breathing
- put them in the recovery position – on their side with their head resting on their arm
- give them naloxone as soon as possible

Getting into drug treatment reduces your risk of dying from an overdose. For information, support and advice contact local Cambridgeshire and Peterborough services below.

Cambridgeshire	CGL (Adults over 18yrs)	0300 555 0101
	CASUS (young people)	01480 445316
Peterborough	ASPIRE (all ages)	01733 895624