

Joe Cressy, Chair
Board of Health
City of Toronto

Dec 05, 2019

Dear Councillor Cressy and committee members:

Re: December 9, 2019 BOH HL 12.3 **Update on Aerosolized Liquid Products (Vapour Products)**

<http://app.toronto.ca/tmmis/viewAgendaItemHistory.do?item=2019.HL12.3>

Good day Brothers and Sisters

I was live CAMH Nov 28, 2019 'Youth Vaping Town Hall' (1) Quote panellist Peter Selby MD "Acute Lung Injury ... When they (USA) looked at the data more than 80% cases were from illicitly purchased cannabis products ... we are not seeing deaths in Canada" panelist Dan Davis quote "Canada removed 'diacetyl' their products years ago You have to consider the source of the information"

Consider the source CAMH and many public health districts teach millions a life threatening 'First Aid' treatment. Peter Selby had an office next to mine for years he growls at me has yet to explained his quote CBC "put people into a coma" My question "Doctor treat coma or cardiac arrest?" (2)

CAMH policy 'No smoking or vaping on the property' many mental health consumers and staff use tobacco or vaping as a stress reliever. Policy more stress they find away to break the rules or seek other form of stress release.

When the medical profession blatantly fails to follow the moral code 'First do no harm' sure sign the civilization is crumbling painfully. Cognitive dissonance lie to yourselves and others to protect a core belief "Medical profession etc does not willfully cause harm" (3)

May I suggest the Board and everyone else stop protecting a monster as it eats your women and children. Monster is just a bully full of hot air who lives in fear of wisdom.

Swimming lesson grab 20 pound rock jump in the pool hold on. 37.5 million Canadians still at the bottom years later. A child knows 'Breath or die'

Thank you for your time

**Gary Thompson
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SIGNS OF OPIOID OVERDOSE AND RECOVERY POSITION

Signs of opioid overdose

- You can't wake the person up.
- Breathing is very slow or erratic, or has stopped.
- Deep snoring or gurgling sounds.
- Fingernails or lips are blue or purple.
- Body is very limp.
- Pupils are very small.

Recovery position

Head should be tilted back slightly to open airway

Place person's hand under their head for support

Bend knee forward to prevent body from rolling onto stomach

Put the person in the recovery position if:

- they are unconscious and breathing
- you have to leave the person unattended.

Can be very dangerous anyone under oxygenated

Proves your heart is beating could be any of the 100s causes breathing emergency Rescues breaths ASAP or they may DIE

In emergency situations, including opioid overdose: Call **911**: Canadian law protects you from possession charges when you report an overdose.

For harm reduction supplies (e.g., clean needles) and/or addictions treatment: Access CAMH: Call **416 535-8501** and select **option 2** (no referral is needed to access addictions treatment)


The Works (Toronto Public Health): Call **416 392-0520** or drop in at 277 Victoria Street (Yonge and Dundas)


Preventing overdose

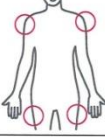
- Avoid mixing drugs** or using with alcohol. Try to use one at a time and use drugs before alcohol.
- Know your tolerance.** If you haven't used for a while (3 days or more), your body can't handle the same amount as before. Start as if you have never used before.
- Do a tester and ask around** if you have a new supply or dealer. Taste it, smoke it, use a very small amount and see what others are saying.
- Use with a friend**, but avoid injecting at the same time in case one of you needs help. If you use alone, do it somewhere you will be found quickly if you overdose.
- Have a plan.** Talk about overdose with people you trust before it happens.


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5 STEPS TO SAVE A LIFE

1  **Shake** at the shoulders and **shout** their name

2  **Call 911** if unresponsive
Step three rescue breaths for a hundred sound medical reasons

3  **Inject naloxone**
1 ampoule or vial (1mL) into leg or arm muscle
Step four continue rescue breaths. No Naloxone rescue breaths till EMS arrives

4  **Chest compressions** or full CPR with rescue breathing, if previously trained
Naloxone has no role management of cardiac arrest

5 **2nd dose?** **Is it working?**
If no improvement in 3-5 minutes repeat steps 3 and 4

Stay! Stay with the person until the ambulance arrives

1) CAMH - Youth Vaping Town Hall Nov 28, 2019 with Peter Selby MD et al

<https://www.facebook.com/CentreforAddictionandMentalHealth/videos/1230766027110983/?v=1230766027110983>

a) My outtake from webinar at 40 minutes https://youtu.be/VDKD_luTuxw

2) Peter Selby MD CBC quote "coma" Doctor treat coma or cardiac arrest?

<https://youtu.be/rJw7TJRwZTA>

a) CAMH opioid overdose protocol <https://www.camh.ca/-/media/files/5-steps-to-save-a-life-pdf.pdf>

b) Toronto District School Board See page 15-16

<https://www.tdsb.on.ca/Leadership/Boardroom/Agenda-Minutes/Type/A?Folder=Agenda%2F20171123&Filename=171123+Opioid+3266.pdf>

a) 90 minute training give school teachers <https://youtu.be/h2cXb1FqxSI>

3) International Programme Chemical Safety INCHEM in cooperation with Canadian Centre for Occupational Health and Safety (CCOHS)

Poisons Information Monographs (PIMs) Section 10 Management poisoning/Drug OD
<http://www.inchem.org/pages/pims.html>

My previous deputations BOH

Nov 12, 2019 BOH HL 11.1 **Community Violence in Toronto - A Public Health Approach**
<https://www.toronto.ca/legdocs/mmis/2019/hl/comm/communicationfile-99008.pdf>

Oct 28, 2019 BOH HL10.4 **Strengthening Heat Resilience in the City of Toronto**
<https://aliascpr.wordpress.com/2019/10/30/oct-28-2019-boh-deputation-and-references/>

Sept 23, 2019 BOH HL9.4 **Establishment of Toronto Urban Health Fund Indigenous Review Panel**
<https://jgarythompson.wordpress.com/2019/09/24/boh-deputation-sept-23-2019/>

Feb 25, 2019 BOH HL3.1 Toronto Indigenous Overdose Strategy
<https://jgarythompson.wordpress.com/2019/02/27/toronto-indigenous-overdose-strategy/>

Sept 22, 2015 BOH HL6.4 Overdose in Toronto: Trends, Prevention and Response
<https://youtu.be/QhsDjml9H9c>

Background and medical info <https://jgarythompson.wordpress.com/2019/05/22/respiratory-failure/>

Psychological terrorism workplace harassment and bullying, needless deaths, stress increasing mental and physical illness drug use and abuse. Common quotes Police; Pharmacists; EMS; MDs and RNs while crying "I know they are increasing morbidity and mortality anyone who is alive with chest compressions and/or oxygen deprivation"