



YOUTH OVERDOSE PREVENTION

- Talk to your youth.
- Assume any pill not given by a pharmacy or your medical provider is fake and could have a fatal dose of fentanyl or other drug.
- Pills purchased online are not safe. Online platforms allow easy access to unsafe drugs.
- Overdose deaths include youth and people who haven't regularly used drugs.

WHAT IS FENTANYL?

Fentanyl is a powerful synthetic opioid that is up to 100 times stronger than morphine. Pharmaceutical fentanyl is prescribed for severe pain and anesthesia, but fentanyl is also illegally manufactured and distributed.

Fentanyl is tasteless, odorless, and too small to see.

HOW CAN I TELL IF IT IS COUNTERFEIT?

Fentanyl is often mixed into fake pills. It can also be mixed with or sold as prescription pills like Oxycontin and Xanax that come from a pharmacy. People who buy these from the internet, social media, friends, or dealers believe they are getting one drug, when they are actually getting Fentanyl.

Fake pills often look like prescription drugs.

HOW DEADLY IS IT?

Fentanyl can make a person stop breathing within minutes. Counterfeit pills are especially dangerous because people are often unaware that fentanyl is in them. Counterfeit pill production is not consistent, and each pill may contain a different amount of fentanyl. Within the same batch of counterfeit pills, some pills can be fatal while others contain little or no fentanyl. Even people who have a high tolerance for opioids face an increased risk of death because of the inconsistency between pills.

2 mg of fentanyl (approximately the tip of a #2 pencil) could mean death.

SIGNS OF OPIOID OVERDOSE

- Difficult to or not able to awaken
- Slow or no breathing
- Pale or clammy skin
- Bluish lips or fingernails
- Abnormal Snoring
- Vomiting

SIGNS OF BENZODIAZEPINE OVERDOSE

- Abnormal breathing
- Getting very sleepy
- Slurred speech
- Clumsiness
- Disorientation

**Overdose is a medical emergency!*

If someone is unconscious, not breathing or showing signs of an overdose, call 911 immediately.

HOW CAN YOU HELP?

- Educate yourself on substance use and overdose. State the facts: pills are most likely counterfeit and can contain deadly amounts of fentanyl.
- Get support; help is available. Intervene early and refer to services and supports.
- Notice and ask about changes in behavior and trust your instincts.
- Communicate your expectations regarding drug use and monitor social media use.
- Build positive relationships and be a role model.
- Provide opportunities for positive activities and leadership.
- Secure your medications so visitors and youth can't get to them. Safely dispose of any unneeded medicines.
- If you suspect your youth may be using, then make sure to check on them to make sure they are safe.
- Carry multiple doses of naloxone (name-brand "Narcan"), is a medication that counteracts the effects of opioids and can save your life. It is available over the counter at your local pharmacy and is carried by emergency responders (Fire, EMS, Police).

The Good Samaritan Law will protect both the person who gives naloxone and the person who is overdosing from prosecution.

GET SUPPORT

- Hawthorn Walk-In Center: 5240 NE Elam Young Parkway, Ste. 100, Hillsboro (Hawthorn Farm Max Stop)
- Washington County 24-hour crisis line: 503-291-9111
- Alcohol & Drug Help Line: 1-800-923-4357
- Washington County substance use disorder treatment and peer services provider list on our website: www.co.washington.or.us/HHS
- Oregon Youth Line (text or call): 1-877-968-8491
- Text teen2teen at 839863
- Al-Anon/Ala-teen: www.al-anon.org or 1-800-344-2666

ADDITIONAL RESOURCES

- Teens.drugabuse.gov
- drugfree.org
- www.samhsa.gov
- Tri-County Opioid Safety Coalition Website: <https://www.tricountyopioidsafety.org/>
- Healthier Together: HealthierTogetherWashingtonCounty.com