



How to...

# TALK TO YOUR CHILD ABOUT FENTANYL



## Start a conversation with your child

Have a general conversation about pain, stress, and medications. Explain that pain and stress are normal things that happen in life, and provide suggestions on how to manage them.



## Explain what fentanyl is and why it is so dangerous

Fentanyl is a very strong opioid. It's tasteless, odorless, and an amount about the size of two grains of salt can cause overdose. It is often mixed into powders and counterfeit pills.

*You can't tell if drugs contain fentanyl by look, taste, smell, or touch.*



## If you know your child is using opioids

Focus the conversation on safety and drug use. Talk about how you as a parent or caregiver want them to be safe, instead of focusing on punishment for drug use.



## Know how to recognize an overdose

### Look for:

- A person cannot be woken up
- Slow or no breathing
- Gurgling, gasping, or snoring
- Clammy, cool skin
- Blue or gray lips or nails
- Pills, needles, or burnt foil

### If you suspect an overdose:

- Call 911 immediately
- Give naloxone if you have it
- Start rescue breathing

Visit [hiprc.org/opioids](https://hiprc.org/opioids) for  
more information & resources

