How to...

**TALK TO YOUR CHILD ABOUT FENTANYL**

King County is seeing an increase in illicit drugs that contain fentanyl. Between 2018-2020, King County saw a 167 percent increase in the number of fentanyl-involved deaths. Eighteen local youth under the age of 18 died of opioid overdose in 2020.

**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:
- 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 [www.hiprc.org/opioids/](http://www.hiprc.org/opioids/) for more information and additional resources