

How to...

TALK TO YOUR CHILD ABOUT FENTANYL

"As a parent make sure young adults understand that if you did not get that pill from a pharmacy, it is 99% likely to be fentanyl."

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Start a conversation with your child

Have a general conversation about pain, stress, and medications.



Explain what fentanyl is & 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.

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

Visit **www.hiprc.org/opioids/**
for more information and additional resources



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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

Eighteen local King County youths, under the age of 18 died of an opioid overdose in 2020. Between 2018-2020, King County saw a 167% increase in the number of fentanyl-involved deaths.

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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

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