HARBORVIEW INJURY PREVENTION & RESEARCH CENTER
UNIVERSITY of WASHINGTON

ADAI ADDICTIONS, DRUG & ALCOHOL INSTITUTE

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** for more information & resources