



What you need to know about

FENTANYL

Fentanyl is very toxic. Just a small amount, the size of two grains of salt, can be deadly.

According to the BC Coroners Service, there have been 238 illicit drug overdose deaths with Fentanyl detected from January 2016 to June 2016.

- *Fentanyl is an opioid drug (painkiller) that is prescribed by medical professionals. BUT it is now being made and sold illegally.*
- *Suppliers are lacing other drugs with Fentanyl to make them more powerful and more addicting. Addiction can develop in as little as a WEEK.*
- *Fentanyl is odourless and tasteless. Drugs don't discriminate – ANY drug can contain a deadly amount of Fentanyl.*
- *Both drug-active children and those in the experimental stage are vulnerable to serious harm or death from Fentanyl.*
- *Signs that may indicate your teen is doing drugs:*
 - *Increased secrecy about possessions, friends and activities; use of room deodorant to hide chemical odours, increased need for money, missing prescription drugs – especially narcotics and sedatives*

TIPS for Parents

- **VISIT** knowyoursource.ca and learn about Fentanyl and other opioids (painkillers).
- **TALK** to your child about drug use, let them know you care about them and you want them to be safe.
- **LISTEN** to them and respect their opinion. Give them room to participate and ask questions.
- **ASK** them what they know about Fentanyl and encourage open & honest communication
- **DON'T ASSUME** they are using drugs. Stay calm and tell them what you know. Plan the main points you want to discuss and avoid saying everything you think all at once.
 - Fentanyl is a very dangerous drug that is being seen more and more in BC;
 - Trying any drugs even just one time could kill them if they're cut with Fentanyl
- **FOCUS ON FACTS** rather than emotions. If your teenager is using drugs, you may feel anger, sadness, fear or confusion. Those are natural reactions, but talking about the issue is more productive than talking about your feelings.
- **Avoid being judgmental.**
- **RESPECT** their independence. Tell them you are trying to help them make good decisions, by giving them information they may not know.
- **BE CLEAR** about why you are worried. Whatever your teenager may think, communicate that your main concern is for their well-being.
- **You are** your teenager's role model and their best defense against drug use. Start early and answer the questions

If they see the following signs of a possible overdose in any of their friends:

ADVISE them to call 911 immediately:

- Severe sleepiness – can't wake them
- Breathing is slow or not breathing at all
- Nails and/or lips are blue
- Making gurgling sounds
- Cold, clammy skin;
- Trouble walking or talking

An ambulance will be dispatched. Police rarely attend. We wouldn't want to discourage anyone from calling 911 for help because they are afraid of other consequences.

Get Training to administer Naloxone:

http://www.fraserhealth.ca/media/20160725_Take_Home_Naloxone_Fraser_Health_Sites.pdf

We encourage you to take time to review this information and educate yourself and family on the dangers of Fentanyl, the signs & symptoms and more from the links provided.

Knowledge is Power (KIP)

SUSPECTED OVERDOSE

If you suspect an overdose dial 911 and follow SAVEME protocol while waiting for first responders.

<http://www2.gov.bc.ca/gov/content/overdose/help-and-resources/responding-to-an-overdose>

For non-emergency issues you can call 811 to speak with a nurse any time of the day or night.

RESOURCES:

Langley Community Service Society: www.lcss.com

Trained professionals offer free, confidential information, assessment, counselling and referral for people affected by problem substance use. Call 604 836 6273

Talk to FRANK for friendly, confidential advice, he helps you find out everything you might want to know about drugs and some stuff you don't: www.talktofrank.com

MINISTRY OF HEALTH – FAQ

<http://www2.gov.bc.ca/gov/content/overdose/frequently-asked-questions>

Fraser Health Information Kit for Schools and Parents

http://www.fraserhealth.ca/media/Overdose_SchoolToolkit_FINAL.pdf

Watch a video to learn more about Overdose prevention and response

<http://towardtheheart.com/naloxone/>

Langley's "Youth Hub" a supportive drop in-centre where youth (ages 12-24) can access meals, recreation programs, medical, emotional, housing, substance use and employment support. Tuesdays and Thursdays from 4:00 - 8:00 p.m. at 20561 Logan ave (Whytecliff). For general information, call/text Phoenix Khattab @ 604-723-5173

Friendships are a very important part of our kids' lives. Encourage them to look out for their friends, to share information about the dangers of fentanyl, and to support their friends making good decisions.

PLEASE - Share this information and visit the resources referenced.