

Free

# KEEP YOUR CIRCLE SAFE

What to know about  
fentanyl, fake pills, and  
keeping your friends safe.



Every life lost  
to an opioid  
overdose is a  
big deal, especially  
to the friends and  
families left behind.

But you can take  
small, everyday  
steps to protect  
the people  
you care about  
— and that's huge.



For a list of resources,  
flip to the last page.

Naloxone (Narcan) reverses opioid overdoses, including from fentanyl.

See how to respond to an overdose on pages 7 and 8.

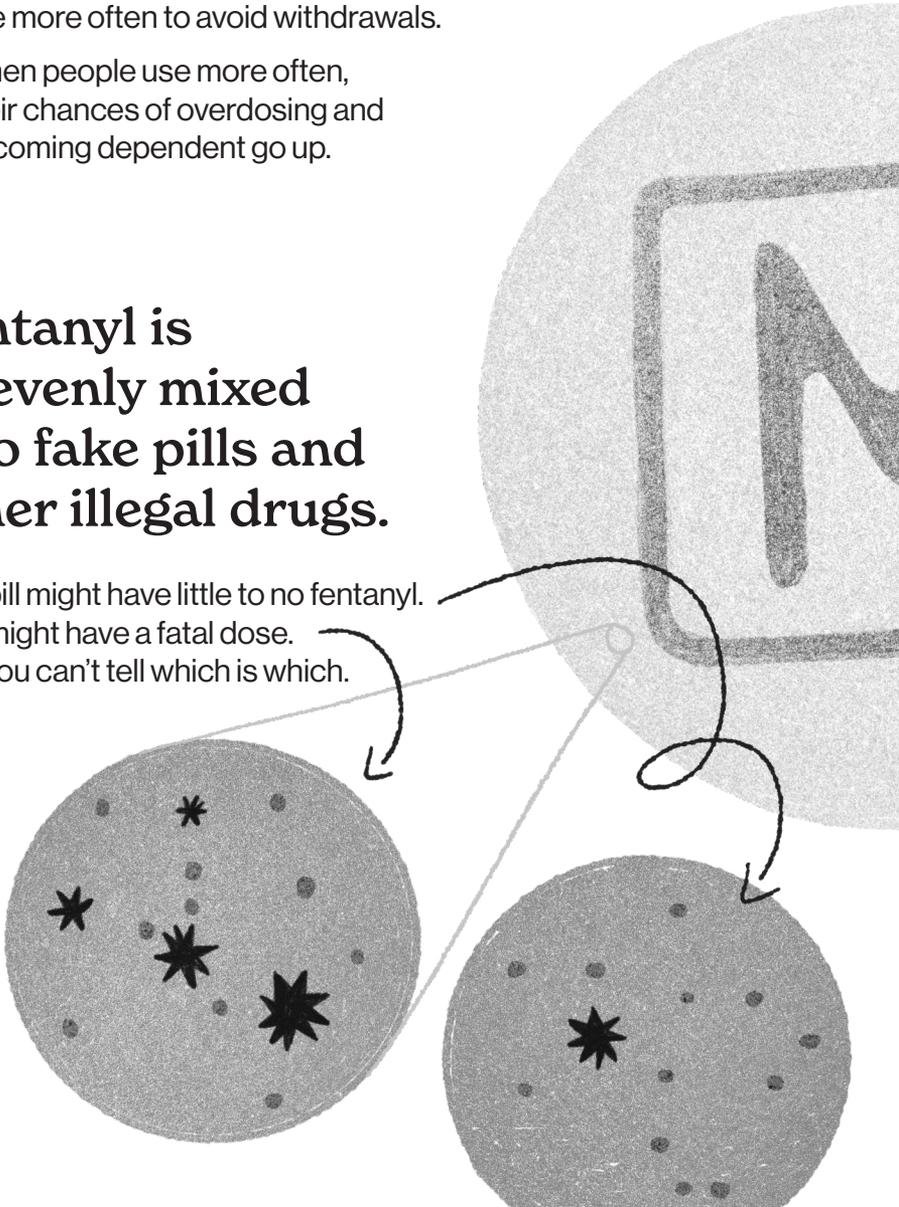


# Fentanyl is a powerful, fast-acting opioid.

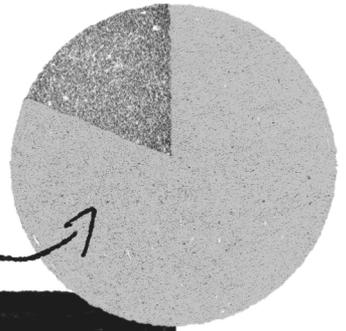
- Illegally made fentanyl is much stronger than other opioids like heroin or morphine.
- It sets in faster and wears off faster, so people who use fentanyl have to use more often to avoid withdrawals.
- When people use more often, their chances of overdosing and becoming dependent go up.

# Fentanyl is unevenly mixed into fake pills and other illegal drugs.

One pill might have little to no fentanyl.  
One might have a fatal dose.  
And you can't tell which is which.



In 2023, 83% of all overdose deaths in Washington involved opioids like fentanyl.



Fentanyl goes by many names.

30s or M-30s

Oxys

Mexis

Percs

Xannies

Blues

Fenny

Skittles

Addy

People are accidentally overdosing on fentanyl thinking they took a real Adderall, OxyContin, Percocet, or Xanax.

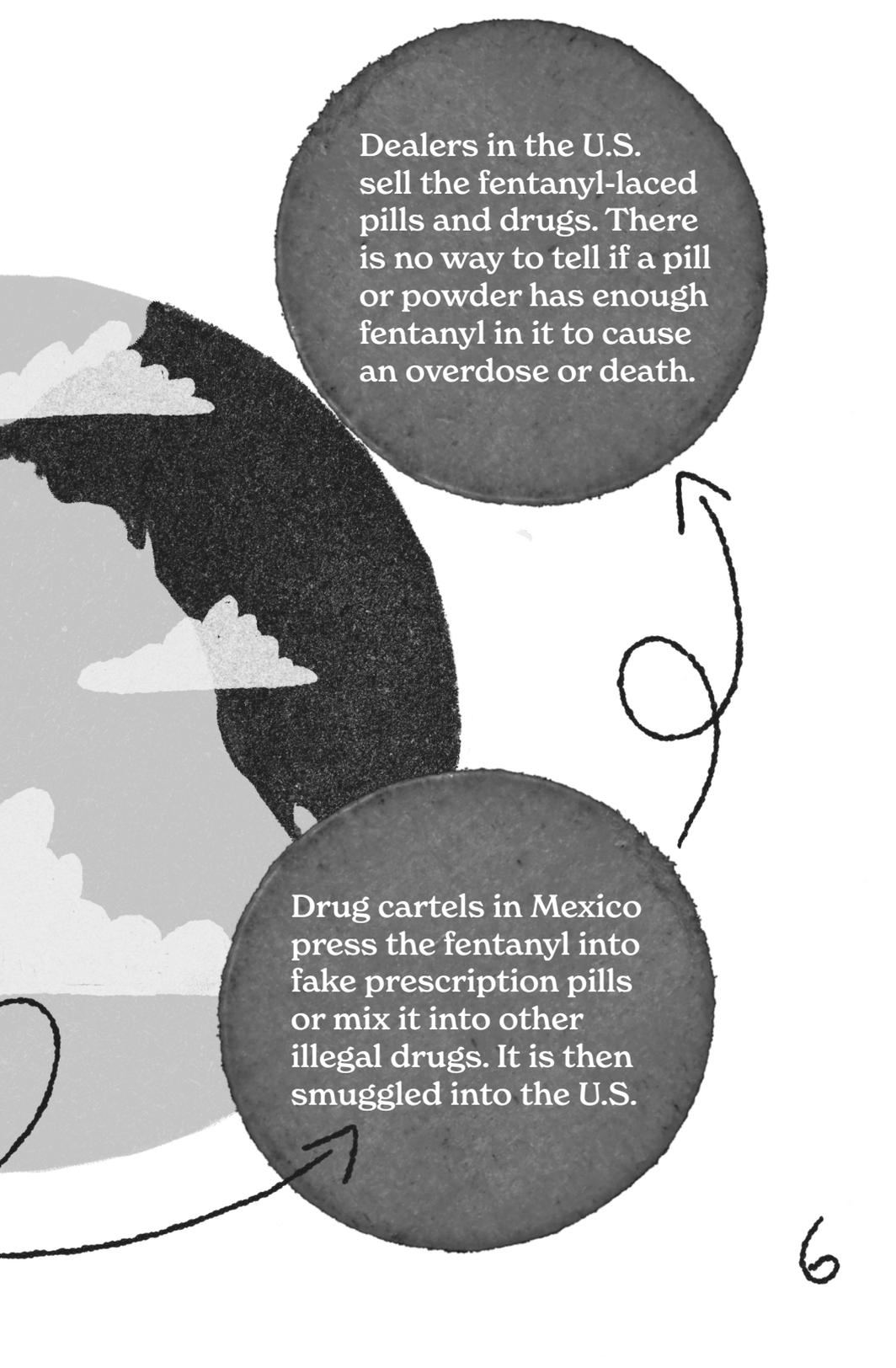
Even if a pill isn't called fentanyl, it can still have fentanyl in it.

# Today's illegal drug market is more harmful and unpredictable than ever.

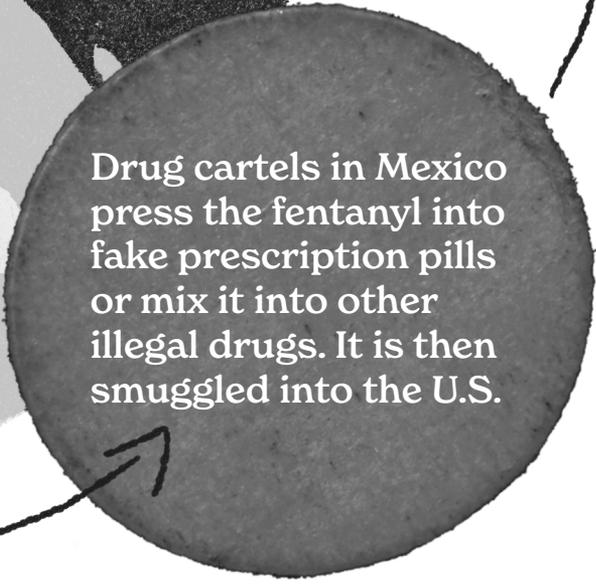
Compared with other illegal opioids, like heroin, fentanyl is cheaper to produce, easier to smuggle and mix into other drugs, and more profitable to sell. It has flooded the market.



Manufacturers in China and India make fentanyl or fentanyl-like substances and sell them to drug cartels or on the dark web.



Dealers in the U.S. sell the fentanyl-laced pills and drugs. There is no way to tell if a pill or powder has enough fentanyl in it to cause an overdose or death.



Drug cartels in Mexico press the fentanyl into fake prescription pills or mix it into other illegal drugs. It is then smuggled into the U.S.

Washington state's Good Samaritan laws protect you both from prosecution for drug possession.

2

Call 911.

3

Lay your friend flat on the ground.

1

**Check for signs of an overdose:**

- Can't wake up
- Slow or no breathing
- Skin turning blue, gray, or purple
- Cold to the touch

## How to help a friend who is overdosing

10

If they wake up, roll them onto their side.

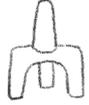
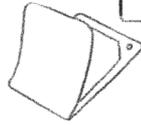
9

If they don't respond in 2-3 minutes, give them more naloxone.



You cannot overdose simply by touching fentanyl. Overdoses happen when fentanyl is swallowed, snorted, smoked, or injected and enters the bloodstream.

Or use an  
injectable naloxone.  
Either works.



4

Open a pack of nasal spray naloxone.

5

Hold the canister.

5



6

Insert the nozzle into your friend's nose.

6



7

Press the plunger firmly.  
Then remove the nozzle  
from their nose.

7

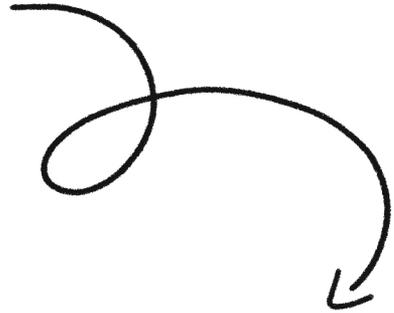


8

Tip their chin back and  
breathe into their mouth  
once every 5 seconds.

When all is said and done,  
make sure you're OK.  
You cared for your friend, and  
you deserve care too.

# RECOVERY & TREATMENT RESOURCES



Call, text, or chat the 988 Lifeline.

*Free, confidential mental health support*

[988lifeline.org/get-help](https://988lifeline.org/get-help)

Call the Washington Recovery Help Line.

*Speak with a specialist anytime.*

[1.866.789.1511](https://1.866.789.1511)

Medications for opioid use disorders (MOUD) can play a big role in recovery.

Learn more:

[learnabouttreatment.org/treatment/medications-for-opioid-use-disorder](https://learnabouttreatment.org/treatment/medications-for-opioid-use-disorder)

The first step in recovery is meeting with a treatment provider.

Find one near you:

[warecoveryhelpline.org/substance-abuse](https://warecoveryhelpline.org/substance-abuse)

# OTHER RESOURCES

Find naloxone  
near you:

[wafriendsforlife.com/  
get-naloxone](http://wafriendsforlife.com/get-naloxone)

Get a  
conversation  
guide and  
other tools:

[wafriendsforlife.com/  
toolkits](http://wafriendsforlife.com/toolkits)

Connect to a local syringe service  
program for free naloxone and test strips.  
Search:

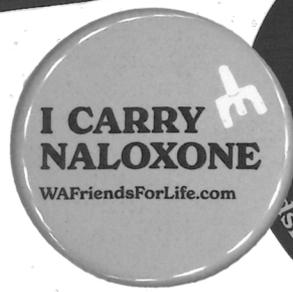
*↪ Syringe program near me*

Buy fentanyl test strips:

- [dancesafe.org/shop](http://dancesafe.org/shop)
- [dosetest.com/product/fentanyl-test-strips](http://dosetest.com/product/fentanyl-test-strips)
- [bunkpolice.com/product/fentkit](http://bunkpolice.com/product/fentkit)

*Find links  
to these  
resources here.*





**Everyone  
deserves to live,  
and anyone  
can be a  
friend for life.**

**Learn more:  
WAFriendsForLife.com**

