

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.

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

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



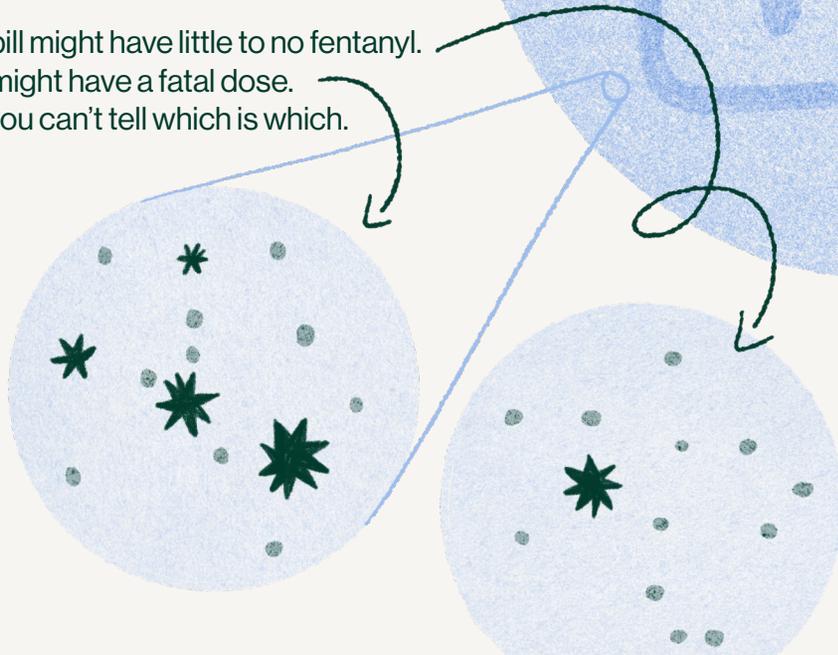
For a list of resources, flip to the last page.

Fentanyl is a powerful, fast-acting opioid.

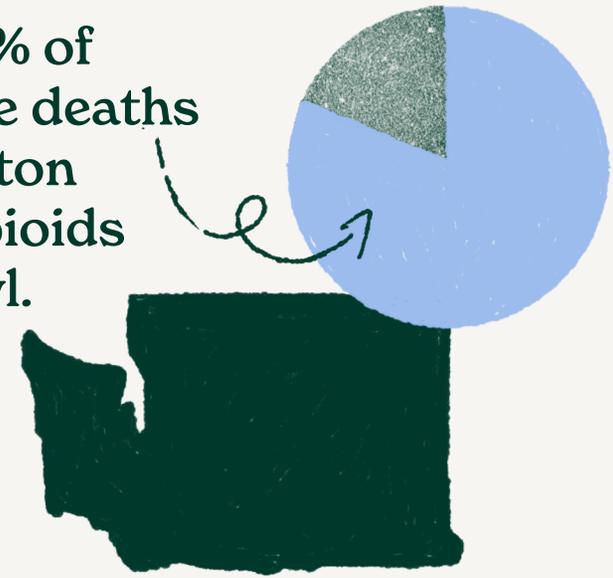
- Illegally made fentanyl is much stronger than other opioids like heroin or morphine.
- It sets in faster and wears off faster, so people who use fentanyl have to use more often to avoid withdrawals.
- When people use more often, their chances of overdosing and becoming dependent go up.

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.



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 could 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.

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.

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

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.

How to help a friend who is overdosing

- 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

10 If they wake up, roll them onto their side.

3 Lay your friend flat on the ground.

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

4 Open a pack of nasal spray naloxone.

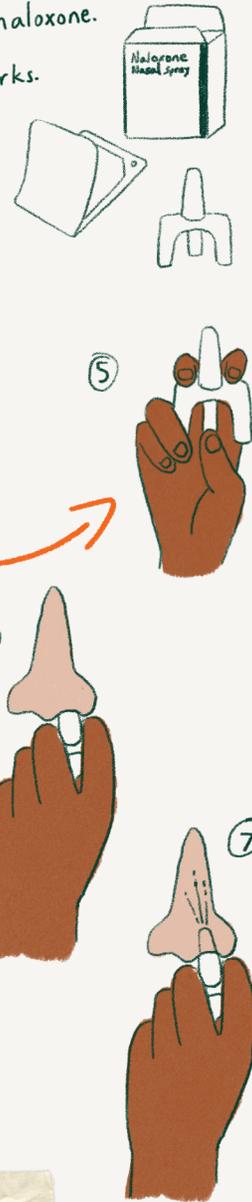
8 Tip their chin back and breathe into their mouth once every 5 seconds.

5 Hold the canister.

6 Insert the nozzle into your friend's nose.

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

Or use an injectable naloxone. Either works.



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

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

Call the Washington Recovery Help Line.
Speak with a specialist anytime.
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

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

Find one near you:

warecoveryhelpline.org/substance-abuse

OTHER RESOURCES

Find naloxone near you:

wafriendsforlife.com/get-naloxone

Get a conversation guide and other tools:

wafriendsforlife.com/toolkits

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

Search:

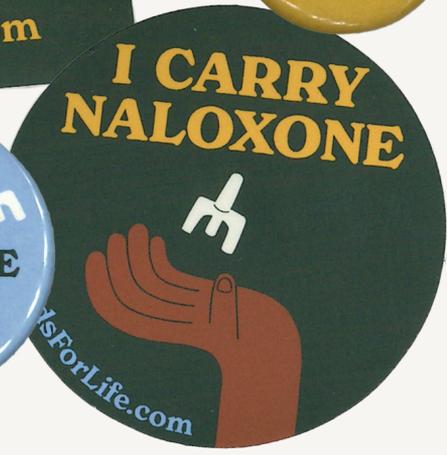
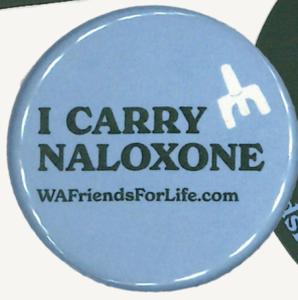
Syringe program near me

Buy fentanyl test strips:

- dancesafe.org/shop
- dosetest.com/product/fentanyl-test-strips
- 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

