



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.*

***“Never try it, because it’s going to take you...” warns a young BC man who recently lost both his brother and 16-year-old girlfriend both to Fentanyl overdoses.***

## TIPS for Parents

- **VISIT** [knowyoursource.ca](http://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.**

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.

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.

### RESOURCES:

#### ASTRA DELTA

<http://www.pcrs.ca/our-services/astra/>

Assists Fraser Valley youth who would like to change their relationship with alcohol and/or drugs. Phone: 604 836 6273

#### FETCH BC

<http://delta.fetchbc.ca/?q=substance+use>

North Delta, Phone: 604 592 3700

South Delta, Phone: 604 948 7010

#### MINISTRY OF HEALTH - FAQ

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

#### BC CORONERS

Report on Fentanyl-Detected Illicit Drug Overdose Death (Jan 1,2012- June 30,2016)

<http://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/death-investigation/statistical/fentanyl-detected-overdose.pdf>

#### SOUTH DELTA LITTLE SOCIETY

Committed to reducing and preventing the harm associated with substance abuse

<http://littlehousesociety.ca/>

#### CHILD & YOUTH MENTAL HEALTH & SUBSTANCE USE (CYMHSU ) Collaborative

Committed to increasing timely access to support & services for child & youth mental health & substance use services.

<http://www.sharedcarebc.ca/initiatives/cymhsu-collaborative>

**PLEASE** - Share this information and visit the resources referenced.



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