

What Parents Need to Know about Fentanyl

Fentanyl is the leading cause of death for people ages 18-45.

Fentanyl comes in a pill or powder.

The pills are made to **look like legitimate medication** such as oxycodone or Percocet. You can't tell if a pill or powder contains fentanyl – **you can't see it, smell it or taste it.**

As little as 2mg of fentanyl can kill.

It's being sold on social media.

It may be sold by **someone your teen knows**. And the seller **may not realize** that they're selling **counterfeit pills with fentanyl**.

If someone is overdosing, naloxone may save their life.

Visit www.sdpatf.org to learn more about naloxone.



Tips for talking to your kids about drugs: www.samhsa.gov/talk-they-hear-you/parent-resources

Things to Look Out For

- Changes in friend group or isolation.
- Difficulty communicating, including possible slurred speech.
- Irritability or uncharacteristic disobedience.
- Neglecting personal appearance and hygiene.
- Low energy levels.
- Paraphernalia: cut down straws, aluminum foil, lighters, needles, spoons, glass pipes.

- A troubling reality is that some people never show outward signs that they are using or struggling.
- Keep communication lines open and be willing to have difficult conversations.
- Be available and nonjudgmental, encouraging your child to come to you with questions and concerns.

Where To Get Help

San Diego County Access & Crisis Line
Call 1-888-724-7240.

Free • Confidential • 24/7

2-1-1 San Diego

Call **2-1-1** for substance use and mental health treatment referrals.

It's Up to Us

Visit **Up2SD.org** for mental health and substance use disorder information and resources.

PDATF San Diego County

Visit **www.sdpdatf.org** for Community and Parent Fentanyl Education and Awareness Toolkits