

# FENTANYL AWARENESS

## Did You Know?



More than **2,000 people** in the Commonwealth of Virginia died from opioid-related deaths in 2023. Over **150 people die each day** in the United States from opioids like fentanyl.

## What is fentanyl?

Fentanyl is a dangerous opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine often mixed with other drugs without your knowledge. Even in small doses, fentanyl can be deadly.

- Illegally made fentanyl is the biggest contributor to overdose deaths in Virginia - most people who died of a drug overdose took a drug containing fentanyl.

## What are the signs and symptoms of a fentanyl overdose?

- Small, constricted pupils
- Sleepiness, in a daze, or loss of consciousness
- Slow, weak breathing or not breathing at all; choking or gurgling sounds
- Limp body
- Cold, clammy, or discolored skin, especially lips and nails, which may turn blue



## If you suspect an overdose:

**Get help immediately! Call 911!**



- Naloxone/Narcan, available in many schools, may reverse the effects of the overdose, thus saving a person's life.

## Get trained to save a life!

**REVIVE!**



## How to stay safe:

- Remember to say NO. Even if offered by a friend, it doesn't mean the pill is safe.
- Stay informed. Learn about the risks of fentanyl and other dangerous substances.
- Ask for help. If you or a friend struggle with drug use, seek the help of a trusted adult, school counselor, coach, or your school's nurse.

**Resources for the whole family:** [It Only Takes One](#)



[Overdose Prevention](#)



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**Remember:** Your health and well-being are essential. Get trained, stay aware, know the signs, and say no to fentanyl use.