

Dear Parents/Caregivers,

When it comes down to it, we know there's nothing more important than the health and safety of your children. That's why we're so intent on sharing some crucial information with you about the fentanyl poisoning crisis that communities across the country are experiencing.

In 2022, more than [107,000 people died from drug overdoses](#)—a number driven by illicitly manufactured fentanyl—and **the fastest-growing group is under age 19.**

What Is Fentanyl?

- Fentanyl is a potent synthetic opioid drug approved by the FDA for prescription use in pain relief and as an anesthetic.
- Fentanyl is 80 to 100 times stronger than morphine.
- A potentially lethal dose of fentanyl is the size of 2 grains of salt.
- According to the DEA, 6 out of 10 pills contain a potentially lethal dose of fentanyl.

Important Facts:

- People cannot smell or taste fentanyl, and a person cannot tell if a pill is fake just by looking at it.
- People should not take any pill that did not come directly from a doctor or pharmacist and should never use illegal pills when alone.
- Pills purchased online or from social media are not safe, no matter what someone says.
- People should know how to recognize an opioid overdose in case someone around them takes an illegal pill.

Signs of an Opioid Overdose:

- Pinpoint pupils
- Slow, shallow, or no breathing
- Gurgling or snoring
- Difficult to wake or can't wake
- Extreme drowsiness
- Cold, clammy skin
- Gray/blue skin, fingernails, or lips

Call 911 immediately if you think someone is overdosing.

How Do I Talk to My Children About This?

Awareness is key, and we need to educate our kids right now. Preparation is important to having a successful conversation with your kids. To help you with this challenging conversation, we'd like to give you a link to the free Natural High Fentanyl Toolkit: www.naturalhigh.org/fentanyl.

Talking with your children about substance use will save lives. Greater awareness can help spread knowledge to your children and their friends and peers.

For more information about fentanyl and substance abuse, here are some helpful resources:

www.naturalhigh.org/fentanyl

[Fentanyl Facts \(cdc.gov\)](https://www.cdc.gov/od/oc/opioid/fentanyl-facts/)

[High-Risk Substance Use Among Youth | Adolescent and School Health | CDC](https://www.cdc.gov/od/oc/opioid/high-risk-substance-use-among-youth/)

In Him,

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