Lots of people are talking about drug overdoses these days because more and more people in BC are having them, including some young people. An overdose happens when someone takes too much of a drug, and it slows or stops their heart or breathing. **AN OVERDOSE CAN KILL SOMEONE.** A lot of overdoses are being caused by a drug called fentanyl. **Very small amounts can cause an overdose,** and often the person doesn’t even know it is in the drug they are taking.

**Fentanyl** is an opioid drug from the same family as morphine or heroin.

• A very small amount can cause an overdose.

• It is sold as other drugs or mixed in with other drugs usually in tablets or powders.

• Drug dealers don’t know if fentanyl is in the drugs they are selling.

• You can’t see it, smell it or taste it. But it could cause an overdose.

Don’t use alone. Go slow: start with a small amount to see how it affects you. Don’t mix drugs and alcohol. Make a plan and know how to respond in case of an overdose.

**SAVING A LIFE**

Responding to an overdose:

• **Call 911 right away if you think someone is overdosing**

• If you are in doubt, call anyway (you will not get in trouble for calling)

• Give breaths until help arrives

• The medication naloxone (Narcan) can reverse the effects of an overdose

• Free naloxone kits and training is available at the Anne Vogel Clinic in Richmond

**IF YOU ARE GOING TO USE…**

If you use drugs or are thinking about using drugs, the best thing you can do is to talk to an adult that you trust. It could be a teacher, counselor, coach, or your parents. They care about you and want to help.