

# IT ONLY TAKES ONE SPECK OF FENTANYL TO KILL. LEARN HOW TO STOP IT.

You've probably heard about fentanyl – but do you really know what makes it so dangerous? This powerful synthetic opioid is being mixed into fake pills and powders, often without people knowing. And it only takes a few salt-sized grains of fentanyl to be deadly.

The good news? **Awareness saves lives.** When you understand the risks and know how to respond, you can protect yourself and the people you care about.

## KNOW THE SIGNS OF AN OVERDOSE

If you think someone might be overdosing, don't wait, **act fast**. Watch for:

- Unresponsiveness or the inability to wake up
- Slow or stopped breathing
- Blue or gray skin, lips or fingernails
- Choking, gurgling or snoring sounds

## If you think it's an overdose, call 911 right away.

And don't be afraid to call. Virginia's Good Samaritan Law protects you when you get help for someone in an emergency.

### NEED SUPPORT?

#### 988 Suicide & Crisis Lifeline:

Call or text 988 – 988lifeline.org

## KNOW HOW TO SAVE A LIFE

- 1 **Carry naloxone.** It's a safe medication that reverses opioid overdoses. Anyone can use it. You can often get it for free through your campus health center or your local health department – or through the REVIVE! program.
- 2 **Get REVIVE! trained.** It only takes 10 minutes to learn how to spot an overdose and administer naloxone. Find training near you at [itonlytakesone.virginia.gov/take-action/get-trained](https://itonlytakesone.virginia.gov/take-action/get-trained).
- 3 **Take the pledge.** Commit to talking about fentanyl and looking out for your friends. Sign the pledge at [itonlytakesone.virginia.gov](https://itonlytakesone.virginia.gov).

# IT ONLY TAKES ONE

Find more resources at [itonlytakesone.virginia.gov](https://itonlytakesone.virginia.gov).