Activity 3

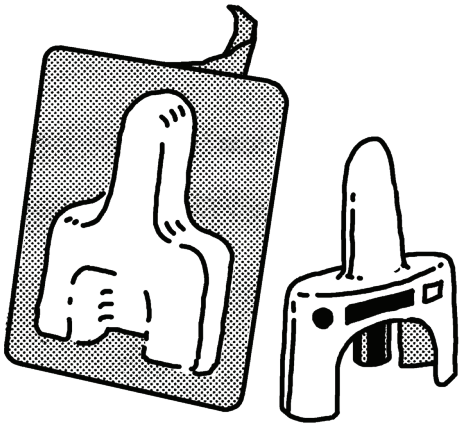
Reproducible Master

What Can I Do?

Part 1: Life-Changing

Fentanyl is a very real risk to communities, but there are ways to help. One way is to carry or know how to access opioid overdose reversal medications, even for those who don't use drugs. It could save a life.

Here are some FAQs about opioid overdose reversal medications to help you and your family better understand what they are and how they work. Learn more at **realdealonfentanyl.com/reverse-an-overdose** or visit **cdc.gov/stopoverdose/naloxone/index.html**.



1. What are opioid overdose reversal medications?
They are medications that can reverse an opioid overdose in minutes by blocking the effects of the opioids in the body. They are safe, legal, and easy to use.

2. What are the names of common opioid overdose reversal medications?
Naloxone and nalmefene.

3. Does it require a prescription?
Some versions of naloxone nasal spray are available over the counter in all 50 states and can be found on pharmacy shelves. Nalmefene nasal spray and naloxone injections require a prescription.

4. How is it administered?
Nasal spray is administered through the nose. Simply peel open the container, place the nozzle into a person's nostril, and press the plunger to release. It cannot be self-administered.

5. How else is naloxone available in your community?
Check out **harmreduction.org/resource-center/harm-reduction-near-you** to learn about your community. There are programs across the country and people most at-risk can get naloxone by mail.

6. Now a question for you: Does your school nurse keep naloxone in their office? _____

Part 2: Think About It

Think about what you've learned about fentanyl. List steps you can take to protect yourself and others close to you from an accidental overdose. The pages titled *Help Your Friends* and *Reduce the Risk* at **realdealonfentanyl.com** can help.

Protect Myself

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Protect Others

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Part 3: Consider the Facts

What have you learned about fentanyl that surprised you? If a friend had a pill and didn't know where it came from, what would you want them to know? Write your answer on the back of this sheet.

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