

Are you a **FIRST RESPONDER?**

We recommend:

- Do not eat, drink, smoke, or use the restroom while working with suspected or known fentanyl.
- Do not touch your eyes, mouth, or nose after touching any surface that may be contaminated with fentanyl.
- Field testing of fentanyl is not recommended due to increased risk of exposure. Do not open packaged narcotics.
- Avoid tasks that may cause fentanyl to become airborne.
- Wash hands with soap and water immediately after handling.
- Do not use hand sanitizers or bleach due to increased skin absorption of fentanyl.

PROTECTIVE EQUIPMENT

- Wear nitrile gloves to protect against skin exposure.
- Wear a dust mask to protect against inhalation of airborne particles.
- Safety glasses are additional protection for splash exposure or absorption in mucous membranes.
- When an enclosed space is heavily contaminated with fentanyl, wear water-resistant coveralls.

RESOURCES

Poison Control Center

1-800-222-1222

Call the Poison Control Center if an individual responding to an overdose comes into contact with fentanyl and has signs and symptoms of toxicity.

SAMHSA 24/7 Helpline

1-800-662-HELP (4357)

For individuals and family members facing mental illness and/or substance use disorders, the Substance Abuse and Mental Health Services Administration operates a confidential, free information service in English and Spanish 24/7/365.

Tennessee REDLINE

1-800-889-9789

Free, confidential, 24/7/365 referral line for addiction and mental health resources

Tennessee Dept. of Mental Health and Substance Abuse Services

500 Deaderick Street | Nashville, TN 37243
tn.gov/behavioral-health

Main phone line: 615-532-6500
TN Statewide Crisis Line: 855-CRISIS-1
Helpline: 800-560-5767



OVERDOSE PREVENTION



Guide to Fentanyl Exposure

How to save a life . . .

*And protect yourself
at the same time!*

What are the signs and symptoms of FENTANYL OVERDOSE?

- Respiratory distress, depression, or arrest
- Drowsiness
- Disorientation
- Pinpoint pupils
- Loss of consciousness
- Dizziness
- Pinpoint pupils
- Nausea/vomiting

QUICK TIPS

- Call 911 as soon as you suspect an overdose and stay with the individual until emergency medical services arrive.
- Assume that any white powder could be fentanyl or its analogues.
- Fentanyl has a high potential for abuse leading to an increased risk of overdose.
- Fentanyl can be found in counterfeit medications and mixed with heroin or cocaine without the user's knowledge.
- Do not use alcohol hand sanitizers if exposed; rather use soap and water to wash hands as soon as possible.
- Keep naloxone available for use in case of exposure.

What is the RISK OF EXPOSURE?



The most common ways to come into contact with fentanyl are via:

- *Skin
- Inhalation
- Mucous membrane (eye, nose, etc.)
- Ingestion
- Needlestick

*Skin exposure is not likely to lead to toxicity due to poor penetration of the skin barrier. However, if exposed to fentanyl on your skin, you should wash with soap/water immediately.

What else do you need to know about ABOUT FENTANYL?

Fentanyl is a powerful, synthetic opioid that is 50 to 100 times more potent than morphine.

The most common forms of fentanyl encountered include powder, tablet, and liquid. The most dangerous forms of exposure are inhalation, mucous membrane contact, ingestion, and needlestick.

Brief skin exposure with fentanyl is not expected to lead to toxicity if any visible contamination is promptly removed.

It only takes about two to three milligrams of fentanyl to induce respiratory depression, arrest, and possibly death. Two to three milligrams is equivalent to the size of five individual grains of salt.

Save a life with NALOXONE *NARCAN®

Naloxone is the antidote for an opioid overdose. It is administered by injection or intranasal route when an individual shows signs of an opioid overdose.

- Effective dose is dependent on patient's weight and amount of opioid to be reversed. Multiple doses may be needed to stabilize the individual.
- Administer one dose every 2-3 minutes until the individual is breathing on his/her own for at least 15 minutes or medical services arrive.

Regional Overdose Prevention Specialists

Regional Overdose Prevention Specialists (ROPS) are located across Tennessee as a point of contact for training and education on opioid overdose reversal and overdose prevention through the distribution of naloxone.



For more information, to find a ROPS near you, or to schedule a free training, visit our website: tn.gov/behavioral-health/ROPS

For opioid toxicity to occur, the drug must enter the blood and brain from the environment. Toxicity cannot occur from simply being in proximity to the drug.