



HEALTH & WELLNESS NEWS

If you or a family member needs fentanyl strips, please contact the Grand Ronde Behavioral Health program at 503-879-2026.

The Truth About Fentanyl

This handout contains information everyone should know about fentanyl.

The facts

- Fentanyl is a powerful opioid, 50-100 times more potent than heroin
- Fentanyl gets added into many drugs, including "normal looking" pills
- A pill containing fentanyl can look exactly like a pill without fentanyl
- Two pills with different amounts of fentanyl can look exactly the same
- Many people don't realize they are taking fentanyl
- Fentanyl is causing a dramatic increase in overdoses
- Anyone who uses drugs can overdose, even if it's their first time or if they have been using for a long time

Naloxone

Naloxone (Narcan or Kloxxado) can reverse a fentanyl overdose. Fentanyl is a strong opioid, so you may need multiple (3, 4, or more) doses of naloxone. The biggest risk in giving someone too much naloxone is a more intense withdrawal.

Help people who are overdosing

If you have gloves and a mask, wear them for extra safety. You've got to breathe in a VERY LARGE amount of fentanyl over a REALLY LONG time to even begin to feel its effects - like dust-storm levels in a closed room for over 3 hours.

If you get fentanyl powder on you

Dry fentanyl powder is not absorbed by skin. Your skin will only absorb fentanyl powder if it's mixed with a liquid.

- While dry, brush off as much as you can
- Don't touch your mouth or eyes where fentanyl can be easily absorbed
- Flush with water (to dilute the fentanyl)
- Wash your clothes

What can I do?

- Share the facts without judgment
- Learn how to use naloxone and always keep it with you
- Help people who are overdosing
- Encourage the people in your life who use drugs not to use alone, always have naloxone, and accept treatment when they are ready
- Make sure your tribe/clinic offers fentanyl testing strips

Fentanyl test strips

Test strips can't detect all versions of fentanyl. But they can reveal the most common versions in a drug. This can save lives.

Healing medications

Medications that treat opioid use disorder—like "bupre" (buprenorphine) and methadone—work for people who take fentanyl. Ask a substance use treatment provider for more information.

There is hope

We can heal our communities by educating ourselves, supporting each other, and accepting help when we need it.

Text "OPIOIDS" to 94449 to receive videos, quizzes, facts, and more to grow your knowledge about opioids.

Visit the Northwest Portland Area Indian Health Board's website at www.npaihb.org/opioid to learn more about treatments, reversing an overdose, and other important topics.

HAVE YOU HAD YOUR mammogram THIS YEAR?

Schedule an Exam with the Mobile Unit

WHEN: TUESDAY, SEPTEMBER 27TH
WHERE: UPPER PARKING LOT, GRHWC
CONTACT: KLAMATH.HENRY@GRANDRONDE.ORG
 OR CALL 503-879-1693 TO SCHEDULE AN EXAM

Eligibility

- MUST BE 35 YEARS OF AGE OR OLDER
- MUST NOT BE PREGNANT
- MUST BE AT LEAST 1 YEAR SINCE LAST MAMMOGRAM
- MUST NOT HAVE BREAST FED IN THE LAST 6 MONTHS
- HAVE NO KNOWN BREAST LUMPS, DISCHARGE OR BREAST PAIN
- PLEASE NOTE, OHSU HMC BREAST HEALTH SERVICES ARE NOT A PREFERRED PROVIDER FOR KAISER

early detection SAVES LIVES

GREAT CIRCLE RECOVERY

Opioid Addiction can happen to anyone. So can recovery.

Walk-in's Welcome

1011 Commercial St. NE Salem OR.

1-888-983-9866

GreatCircleSalem.org

When you choose recovery: You take back your life.