

## ADDITIONAL RESOURCES



**1-800-563-4086**  
24/7 Access line  
for info on treatment  
and resources  
in Connecticut






**[harmreduction.org](http://harmreduction.org)**  
Information on safer use,  
managed use, abstinence,  
and meeting people  
who use drugs  
"where they're at"



**[OKtoTalkAboutIt.org](http://OKtoTalkAboutIt.org)**  
Learn how to reduce stigma  
surrounding suicide and  
mental health by  
encouraging people to have  
life-saving conversations

## HOW TO USE FENTANYL TEST STRIPS

1. Put small amount (at least 10mg) of substance in a clean, dry container.
2. Add water and mix. If you are testing MDMA, ecstasy or methamphetamines, use 1 full TSP for every 10 mg of crystal or powder you are testing, otherwise use 1/2 TSP of water.
3. Place the wavy end of the test strip down in the water and let it absorb for about 15 seconds.
4. Take the strip out of the water and place it on a flat surface for 2 to 5 minutes.
5. Read results:
  - Single pink line on the left-hand side = fentanyl or fentanyl analog present; discard the entire batch to be safe. Using it could kill you. 
  - Two pink lines = fentanyl or a fentanyl analog not present. 
  - Single pink line on the right side or no lines at all = invalid; retest with new strip 

***No test is 100% accurate; your drugs may still contain fentanyl, or more potent drugs like **carfentanil** or **xylazine** even if a result is negative.***

***Don't use alone; have naloxone on hand; call 911***



**Catalyst CT**

The Hub

## OPIOID EMERGENCY AFTERCARE & PREVENTION

*Tips for the person affected, family members,  
friends, loved ones, roommates, bystanders  
~ anyone seeking help, support or advice!*

## WHAT TO DO AFTER AN OPIOID EMERGENCY

*Grief, fear and hopelessness can all follow a fatal- or non-fatal opioid poisoning.*

*But you can get judgment-free (and often cost-free) help in coping with your feelings and concerns.*

### 1 Join a support group

You are not alone! Check out The Hub's Peer Support Group Resource Guide\* to find free virtual or in-person groups in our region.

### 2 Get info on treatment or recovery centers

The Hub has English- and Spanish-language guides\* or you can call [drugfreect.org](https://drugfreect.org) 24/7 at (800) 563-0648

### 3 Research substance use & harm reduction

Knowledge is power! Educate yourself on substances, risks and how to protect yourself.



\* Scan QR code to access The Hub for resources mentioned above and to obtain additional Narcan

## HOW TO PREVENT AN OPIOID EMERGENCY

*There are steps you can take to help ensure you and your environment are safe.*

### 1 Don't misuse medications

Take only as prescribed; don't share with friends or family; count and keep track of pills.

### 2 Store & dispose of medications safely

Lock medications away; drop off unused meds at your local police station or scan QR code on previous page for info on getting special deactivating bags/packets from The Hub.

### 3 Beware of counterfeit medications

Counterfeit pills are illegally manufactured to look like real prescription meds such as Adderall or Xanax. Five out of 10 fake pills contain potentially lethal doses of fentanyl. Get meds from licensed pharmacies only.

### 4 Never use alone

If you use alone, no one would be there to administer naloxone or call 911 if a poisoning occurs. Try to have someone with you or on the phone just in case.

## RESOURCES



Call or text **988** for 24/7 support with any mental health/suicide/substance use concerns and be connected to specially trained crisis counselors.

[YouThinkYouKnowCT.org](https://www.youthinkyouknowct.org)

Information on:

- Counterfeit drugs
- Mental health/substance use disorder treatment
- Social media safety (for parents, teens, young adults and educators)



**800-972-0590**

Using alone is the #1 risk factor for fatal overdose. We connect people with a trained operator who can call for help in case of overdose.