

Harm Reduction Kit: A Parent's Guide

This kit is made to help prevent accidental overdose in children and to keep families safe. It protects against exposure to dangerous substances, such as high-potency opioids like fentanyl. In this kit you'll find tools and information to respond safely in an emergency. Having a kit does not mean anyone is using drugs. This kit is just for prevention and safety.



What's in the Kit

- **Naloxone (Brand Name: Narcan®):** Medicine that can save a life during an opioid overdose
- **Fentanyl Test Strips:** Use to check if drugs contain fentanyl
- **Lock Box:** For safe storage of drugs and supplies in the home
- **Lock Bag:** Safe storage of drugs and supplies on the go
- **Instructions:** Step-by-step guide for using each item
- **Educational materials**



How to Use Naloxone

1. Look for overdose signs: Slow breathing, not waking up, pale or blue skin
2. Spray one dose into the nose
3. Call 911 right away
4. Spray another dose every three minutes if there is no change
5. Stay with the person until help arrives
6. Seek medical care whenever Naloxone is used (overdose can continue after Naloxone stops working)

Note: Do not store in the lock box or bag, keep it easy to get to.



How to Use Fentanyl Test Strips

1. Crush drug and mix in three spoonfuls of water
2. Dip the strip in water
3. Wait five minutes
4. View results:
 - **One line** = fentanyl is present (danger)
 - **Two lines** = no fentanyl found





Safe Storage (Lock Box and Bag)

- Use the lock box to keep drugs and supplies out of reach of children in the home.
- Use the lock bag when traveling.
- Share the lock code or key only with trusted adults.
- Store used foils, baggies, and other items that have had contact with substances in the lock box or dispose of them in a secure trash can that children and pets cannot access.



Remember

- This kit is about safety and prevention.
- It helps protect children and families from accidental exposure.
- Having it does not mean you or your child are in trouble.
- It shows you are a responsible and caring parent.

Need Help?

Call 911 in an emergency.

For questions about this kit, or for more supplies, contact your caseworker.



Scan for more information about the Washington Recovery Help Line

www.warecoveryhelpline.org

or call: 1-866-789-1511 or 988.