

Understanding Fentanyl: Myths, Facts, and Safety for First Responders

**YOU WILL NOT OVERDOSE FROM MERELY BEING AROUND FENTANYL,
KNOW THE FACTS AND PREVENT UNNECESSARY FEAR.**

Fentanyl exposure has been widely misunderstood due to exaggerated media reports. It is crucial for first responders to understand that the idea of 'exposure' leading to immediate overdose symptoms is not supported by scientific evidence. Being informed about the actual risks and safety practices can help prevent unnecessary fear.

**FENTANYL (OPIOIDS) CAUSE RESPIRATORY DEPRESSION -
A SIGNIFICANT REDUCTION IN THE ABILITY TO BREATHE EFFECTIVELY.**

Symptoms attributed to fentanyl exposure by many first responders are more consistent with panic attacks than actual opioid toxicity. Fentanyl is a central nervous system depressant, leading to symptoms like slow or shallow breathing.

**RESPECT ALL SUBSTANCES, REGARDLESS OF THE SUSPECTED DRUG,
AND ALWAYS USE COMMON SENSE AND
PROTECTIVE PRACTICES IN EVERY SETTING.**

Regardless of the minimal risk to first responders, experts agree on the importance of using standard protective measures, such as nitrile gloves.

Proper protective measures should always be taken to ensure safety.

For more detailed information, visit the following resources:

- [ACMT and AACT Position Statement: Preventing Occupational Fentanyl and Fentanyl Analog Exposure to Emergency Responders](#)
- [Fentanyl Facts and Fiction: A Safety Guide for First Responders](#)
- [Myths in Emergency Medicine: First Responders](#)
- [Fentanyl and Carfentanil Exposures in First Responders](#)
- [Overdose of Fentanyl Just by Being in Its Presence is Not Possible](#)
- [Fentanyl Exposure: Myths, Misconceptions, and the Media](#)
- [WTFentanyl](#)

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and continue to serve your
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