

# Fentanyl Overdose Warning



**M30 pills also called  
“dirty 30s” or “blues”**

Fentanyl has been connected to recent overdoses and deaths in the area.

The most common reports were linked to pressed pills sold as “oxycodone” that are blue, marked with an M and the number 30.



## Fentanyl may be in your drugs, including:

- Cocaine
- Heroin
- Methamphetamines
- MDMA (Ecstasy)
- Oxycodone
- Xanax
- Adderall
- Other pressed pills

Fentanyl cannot be evenly distributed when it is dry or powdered. This can result in “hotspots” that sit in drugs the same way chocolate chips sit in cookies. This means the same amount of drugs from the same batch can vary in strength.



Fentanyl tests are a useful resource, but a negative fentanyl test does not always mean a drug is free of fentanyl. If you use, assume there is fentanyl in your supply, even if the test is negative. See Tips for Safer Using on the back of this flyer.



## Benton County Harm Reduction Program

offers naloxone, sterile syringes, fentanyl test strips, and other supplies for safer use.



Email: [harm.reduction@co.benton.or.us](mailto:harm.reduction@co.benton.or.us)

Call/Text: Chris at 541-740-0405, or Blue at 541-243-4394

# Tips for Safer Using



Don't use alone. If you don't have anyone that can sit with you, you can call Never Use Alone at 1-800-484-3731. They will take down your location and information and can call for help if you stop responding.



Don't use behind a locked door, because people can't get to you if you need help.



Don't use at the same time as anyone else. Take turns so you can look after each other and respond to overdose, if needed.



Have naloxone out and ready to go. Often, people panic when someone overdoses, and they aren't able to think clearly; make it as easy as possible for people to access naloxone in case they need to use it.



Go slow. Do a small "tester." Assume there is fentanyl in your supply. You can always use more, but you can't use less.



Do NOT swallow all or part of a pill. These are not from pharmacies and even part of one pill can lead to a fatal overdose.



Pills can be crushed and mixed with water using a sterile syringe to better control using a small amount at once.



If you are injecting or taking drugs orally, mix up as much as possible at once with water. This way, the fentanyl will be evenly distributed and everything that was mixed together will be the same strength. This will make it easier to calculate your next few doses.



Smoking or snorting pills or powders can reduce risk of overdose, but it is still possible- so go slow no matter how you are using.