Ndugu Mpendwa, Mwanajamii,

Tatizo la kutumia dawa kupita kiwango chake ni suala linaloathiri watu na familia huku Vermont na kote nchini. Mojawapo ya njia nyingi ambazo Vermont inakabiliana na tatizo ni kuhakikisha naloxone inapatikana katika jimbo lote, pamoja na shule za K-12. Naloxone, pia inayojulikana kama Narcan®, ni dawa ya dharura inayonyunyiziwa puani ambayo inaweza kubadilisha hali ya kutumia dawa kupita kiwango chake inayofanyizwa na dawa ya afyuni (kama yakuandikwa na daktari ya maumivu au heroini) katika mda dharura.

Kwa bahati nzuri, huko Vermont, hakujakuwa na matumizi ya dawa nyingi kupita kiasi katika shule za msingi, za kati au za upili. Hata hivyo, fentanyl, ambayo ni afyuni ya usanisi, hupatikana kwa kawaida katika uuzaji wa madawa kule Vermont, inayotiwa ndani ya [tembe bandia zilizofanywa kuonekana kama dawa halisi za maagizo](https://www.dea.gov/onepill).

Idara ya Afya ya Vermont, na [serikali kuu](https://www.whitehouse.gov/wp-content/uploads/2023/10/Letter-to-Schools.pdf), inapendekeza shule ziwe tayari kukabiliana na matumizi zaidi ya dawa opioid kupita kiwango kunakotiliwa shaka kwa kuhodhi naloxone na kufundisha watu jinsi ya kukabiliana na matumizi ya dawa ya aina ya opion kupita kiasi ili kuokoa maisha. Shule yetu ya wilaya/umoja wa usimamizi utafuata mapendekezo haya na kuhodhi naloxone endapo tutahitaji kukabiliana na dharura ya kutumia dawa ya opioid kupita kiasi.

Kama ilivyo kwa kifaa kingine chochote cha huduma ya kwanza kinachotumika katika dharura ya matibabu, kuwa na dawa hii ya kuokoa maisha katika mandhari yetu ni muhimu kwa usalama wa wanafunzi wetu, kitivo, wafanyakazi, na wageni. Wafanyakazi watapata mafunzo ya jinsi ya kutambua kutumiwa kwa afyuni kupita kiasi na jinsi ya kutumia naloxone. Ni muhimu kutambua kuwa naloxone sio hatari, hata ikiwa itatumiwa katika hali ambayo sio ya kutumia afyuni kupita kiasi au wakati afyuni haipo.

Naloxone pia inapatikana katika maeneo mengi katika jimbo, ikiwa ni pamoja na baadhi ya maduka ya dawa, mashirika ya huduma za kijamii, watoa Huduma za Matibabu ya Dharura, na sasa inaweza kuagizwa mtandaoni na kutumwa kwa posta. Unaweza kujifunza mengi kuhusu naloxone kwa kutembelea tovuti ya Idara ya Afya (healthvermont.gov/naloxone). Ikiwa ungependa kujifunza jinsi wewe au mwanafamilia anaweza pata naloxone, tafadhali tembelea [VTHelpLink.org](https://vthelplink.org/) au piga simu 802-565-1000.

Tafadhali wasiliana na shule kuhisiana na maswali yoyote.

Kwa dhati,

Wafanyakazi wa Shule.

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Dear Community Member,

The drug overdose crisis is an issue affecting people and families in Vermont and around the country. One of the many ways Vermont is responding is by making naloxone widely available throughout the state, including in K-12 schools. Naloxone, also known as Narcan®, is a emergency medication nasal spray that can reverse an overdose caused by an opioid drug (such as prescription pain medication or heroin) in an emergency.

Fortunately, in Vermont, there have been no fatal overdoses in elementary, middle or high schools. However, fentanyl, a synthetic opioid, is commonly found in Vermont’s drug supply, including in [fake pills made to look like real prescription medications](https://www.dea.gov/onepill).

The Vermont Department of Health, and [the federal government](https://www.whitehouse.gov/wp-content/uploads/2023/10/Letter-to-Schools.pdf), recommends schools be prepared to respond to a suspected opioid overdose by stocking naloxone and training people on how to respond to an opioid overdose to save a life. Our school district/supervisory union will follow these recommendations and have naloxone on hand in case we ever need to respond to an opioid overdose emergency.

As with any other first aid supply used in a medical emergency, having this life-saving medication on site is important for the safety of our students, faculty, staff, and visitors. Staff will receive training on how to recognize an opioid overdose and how to use naloxone. It is important to note that naloxone is not harmful, even if used in a situation where it is not an opioid overdose or when an opioid is not present.

Naloxone is also available at many locations throughout the state, including some pharmacies, social service organizations, Emergency Medical Services providers, and can now be ordered online and sent by mail. You can learn more about naloxone by visiting the Department of Health’s website (healthvermont.gov/naloxone). If you are interested in learning how to get naloxone for yourself or a family member, please visit [VTHelpLink.org](https://vthelplink.org/) or call 802-565-1000.

Please contact the school with any questions.

Sincerely,

School Staff

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