

# Reducing Your Family's Exposure to Drug Residue at Home: Fentanyl and Methamphetamine Use

There are steps you can take to prevent exposure to drug residue in your home. The information below covers both methamphetamine and fentanyl residue because they are often found together. You can use this guide when cleaning an area where there might have been drug use.

## What Does "Drug Residue" Mean?



Drug use indoors can create leftover residue that stays on surfaces in the room, like floors, walls, and furniture. Residue could look like pills, powders, smoke build up; it could be invisible.

## Who are At Risk?



Babies and young children are most at risk for harmful health effects caused by drug residue because they spend time on the floor and put things in their mouths.

## Is Drug Residue a Health Risk?

In the event of a drug overdose, naloxone is safe for people of all ages, including babies and toddlers. Visit [doh.wa.gov/OEND](https://doh.wa.gov/OEND) to learn more. Young children may swallow pills or powder left behind in the home, which could lead to overdose. They may also encounter fentanyl patches, which can cause overdose if left on their skin for too long, or if they are accidentally eaten, though this is uncommon. Other health effects, such as rashes and headaches, have been reported in areas where

methamphetamine use occurred. These effects are temporary.

Accidental exposure to drug residue has never been reported to cause death in adults.

It's possible to breathe in secondhand smoke, but this has never been known to cause overdose.

Breathing in any kind of smoke is unhealthy, so we recommend people, especially children and pregnant people, avoid all forms of vapor or smoke.

## How Do I Protect My Family & Myself From Drug Residue?

Protect yourself and your family by reducing drug residue at home.



Seek substance use disorder treatment, if necessary.



If using in the home, avoid areas shared by children.



Clean your home often, specifically areas used by children.

## What are the Most Important Areas to Clean?



It is most important to clean areas that small children have access to or where their food is prepared. For these areas:

- Before mixing baby formula or preparing other food, clean the surface by using a household cleaner and paper towel. Once the cleaner is used, rinse the surface, wipe it down

with a new paper towel, then throw away the used paper towels.

- Store trash in an area that is not accessible to young children, to protect them from exposure to skin patches and drug residue on used cleaning materials.
- Place babies on a clean, washable blanket to avoid exposing them to surfaces that are more difficult to clean such as carpets or fabric furniture.
- Clean fabric toys in a washing machine. Wipe down non-fabric toys with a household cleaner, rinse, and air dry.
- Regularly clean floors and low surfaces, such as coffee tables, that children have access to and can reach. Clean surfaces that are at the child's eye level.

## When cleaning, consider these important safety tips:



- Wear gloves and an N95 mask.
- Wash your hands, avoid touching your face, and do not prepare food for children, eat or drink.
- Due to potentially dangerous chemicals in products, it is important to follow **all** product label instructions.

## How Should I Clean Large Areas?

- Wet down or mist all surfaces with water or cleaning product to help prevent spreading drug particles. Clean the area from top to bottom.
- After surfaces have been wet down, open windows or turn fans on to air out the space.
- Clean fabrics and rugs in a washing machine. If not machine-washable, spray with cleaner and scrub with hot water.
- Consider replacing items that were in contact with drug residue that cannot be cleaned, including items frequently used by children that are difficult to remove residue from (e.g., porous items like fabric or wooden furniture).

## A Note on Cleaning Products



Most household cleaners do not break down drug residue, they just move it onto the used wipe. One product that does break down drugs is household bleach. While using bleach, do not mix it with other cleaners; this can create toxic gases that are life threatening.

## For more information:

Search Drug Residue on the DOH website ([doh.wa.gov](http://doh.wa.gov)) and explore our additional resources.

For questions, email: [eha@doh.wa.gov](mailto:eha@doh.wa.gov)