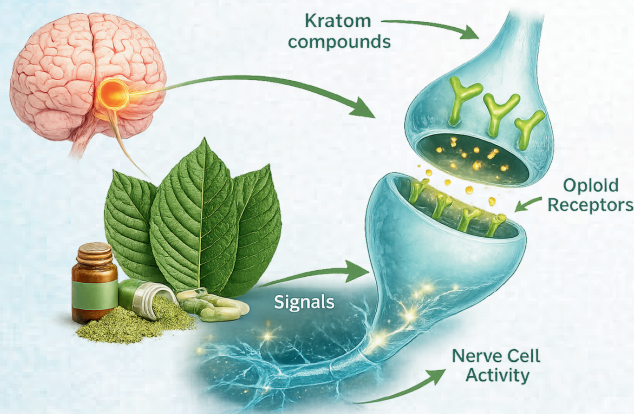


Why Health Officials are Concerned

- Some products may be up to 13-40× stronger than morphine, according to the FDA.
- Kratom compounds act on opioid receptors in the brain.
- Risk of dependence, addiction and severe withdrawal.
- Product mislabeling means potency and ingredients can vary widely, increasing the risk of unintentional overdose.
- Overdose symptoms may include:
 - distressed breathing
 - extreme sedation
 - seizures
 - coma



Health Guidance

- Avoid all products containing Kratom, “enhanced Kratom” or extracts like 7-hydroxymitragynine (7-OH), MGM-15 and MGM-16.
- Naloxone (Narcan) may be used to reverse opioid-like overdose effects, but it may take multiple tries.
- Seek medical help immediately if overdose symptoms occur.

Emergency Resources

- Poison Control: 1-800-222-1222
- Emergency: 911

Looking for Treatment?

- **Washington Recovery Helpline**
Call or Text: 1-866-789-1511
- **NorthSound Crisis Line**
Call: 1-800-584-3578
- **211**
Call: 211



www.monroecommunitycoalition.org

Kratom & 7-OH

An Emerging Substance Risk



Understanding a potential new wave in the opioid epidemic

Prevention through education, partnership and early action.

What is Kratom

Kratom is a plant from Southeast Asia that contains chemicals that act on the same receptors in the brain as opioids.

Extracts like 7-hydroxymitragynine (7-OH), and synthetics like MGM-15 and MGM-16 can be much more potent than Morphine in concentrated products.



Products may be sold as:

- powders
- capsules
- gummies
- drink shots

An Unregulated Market

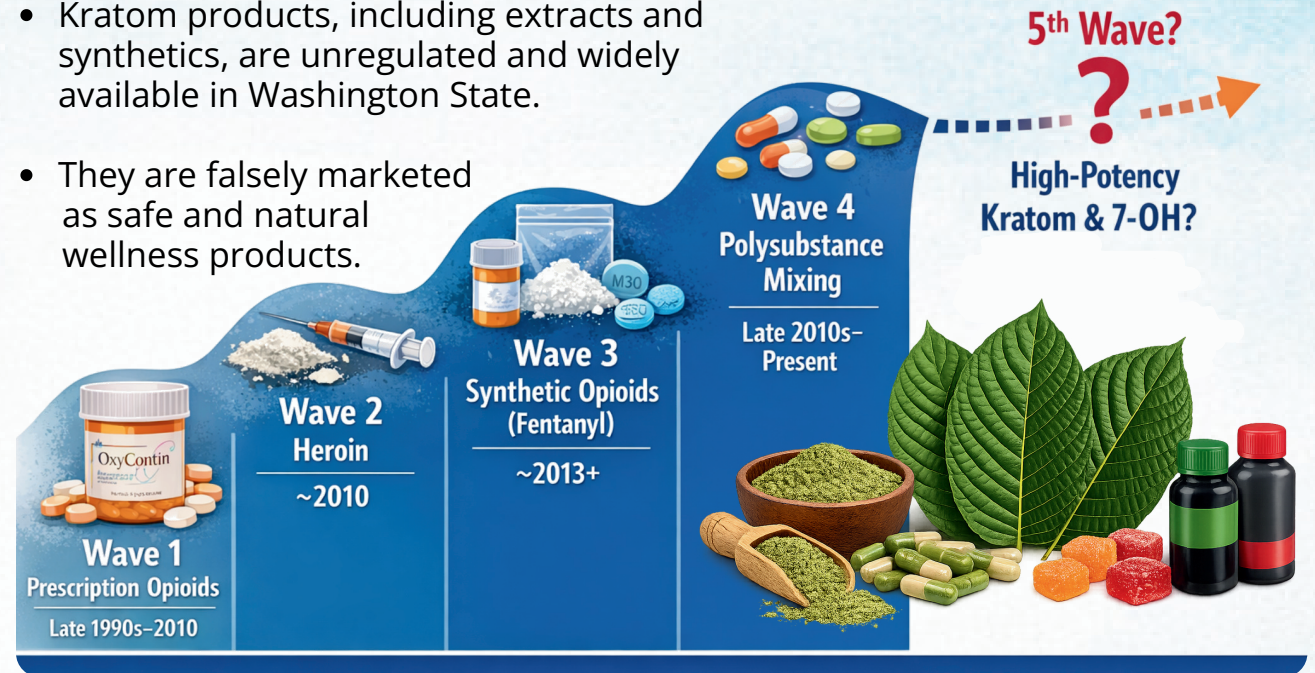
Kratom products are widely available and unregulated in Washington State.



Potency varies widely and there are no laws in Washington that restrict youth from purchasing these products in everyday retail settings.

A Potential Fifth Wave of the Opioid Epidemic

- Kratom products, including extracts and synthetics, are unregulated and widely available in Washington State.
- They are falsely marketed as safe and natural wellness products.



Other Communities are Taking Action

Across Washington State, some communities are already taking action to protect residents from Kratom and 7-OH.

- The Cities of Spokane and Spokane Valley passed ordinances in March 2026 to prohibit the sale of Kratom products.
- Some cities are currently considering age restrictions, but these approaches typically leave products widely available and easily accessible to youth in the community.
- Until federal or statewide regulations are established, local governments are responsible for determining how these products are regulated in their communities.

