

America's Opioid Epidemic

Know the Facts

Signs of Possible Opioid Misuse



- **Stealing or borrowing pills**
- **Lying about lost pills**
- **Demonstrating mood swings** such as irritability, drowsiness
- Being **distracted or forgetful**
- **Stealing money** or new financial difficulties
- **Being dishonest** to family and friends
- **Failing** in school or **poor work performance**
- **Staying away from home** overnight or for several days
- **Doing things they normally would not do** (decreased inhibitions)
- **Appearing sedated** or **lethargic**
- **Having puncture marks** on hands, feet or arms
- **Wearing long sleeves** during hot weather to hide arms

COMMON PRESCRIPTION OPIOIDS

- Morphine
- Codeine
- Oxycodone
- Fentanyl
- Hydrocodone
- Hydromorphone

Safe Storage and Disposal

- Keep prescription pain medications **locked up** or **hidden safely** in the home
- Remind parents to **store medications so children can't reach them**
- Keep a **current count of all pills**
- Find disposal information at the following websites:
 - disposemy meds.org/medicine-disposal-locator
 - deadiversion.usdoj.gov/drug_disposal/takeback

Action Steps

- **Talk to your physician** about treatment for addiction
- **Call the Substance Abuse & Mental Health Services Administration (SAMHSA)** national help line **1-800-662-HELP (4357)**
- Visit www.samhsa.gov for additional information



Signs of OVERDOSE

HELP SAVE A LIFE!

At signs of opioid overdose, **Immediately call 9-1-1** and administer Naloxone if available. Perform rescue breathing until help arrives.

- **Unresponsive** to noise or touch
- **Slowed or no breathing**
- **Choking, gurgling or snoring** sounds
- **Slow heartbeat or low blood pressure**
- **Body is limp**
- **Pinpoint pupils**
- **Cold or clammy skin**
- **Vomiting**
- **Seizures**
- **Nails and lips are blue**

