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
• Hydrocodeone
• 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
• Remind parents to store medications so children can reach them
• Find disposal information at the following websites:
  › disposeymeds.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

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