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:
  - 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

Signs of OVERDOSE