

WHAT ARE OPIOIDS?

Opioids are highly addictive narcotic substances commonly prescribed to treat pain.

COMMON OPIOIDS

Oxycodone (OxyContin, Oxecta, Roxicodone)

Oxycodone/Acetaminophen (Percocet, Endocet, Roxicet)

Hydrocodone/Acetaminophen (Lortab, Vicodin, Lorcet, Norco)

Codeine (only available in generic form)

Fentanyl (Actiq, Duragesic, Fentora)

Hydromorphone (Dilaudid, Exalgo)

Meperidine (Demerol)

Methadone (Dolophine, Methadose)

Tramadol (ConZip, Ultram)

Morphine (MS-Contin, Duramorph, DepoDur, Astramorph)

THE DANGERS

Our bodies quickly build drug tolerance, meaning we have to take more to get the same effect.

Drug tolerance leads to **physical dependency, addiction, abuse, and overdose**. (See back panel)

People taking opioids for chronic pain are especially at risk because tolerance continues to grow even after the maximum dose has been reached.

THE REALITY BEHIND UTAH'S OPIOID PROBLEM

4th

HIGHEST DRUG OVERDOSE RATE IN THE U.S.

80%

OF HEROIN USERS STARTED WITH PRESCRIPTION DRUGS

6

UTAHNS DIE EVERY WEEK FROM OPIOID OVERDOSE

HOW YOU CAN HELP

1

STEER CLEAR OF OPIOIDS

According to the CDC, there are safer approaches that may be more effective pain management. Ask your doctor about the alternatives.

2

AVOID TAKING MORE

Opioids aren't like antibiotics. You do not need to finish your prescription. As soon as you don't need them, stop, or you could be at risk of dependency, addiction, or overdose.

3

NEVER SHARE PAIN KILLERS

By sharing your prescription, you may think you are helping, but you could be leading someone down a dangerous path. Besides, sharing prescriptions is illegal.

4

GET RID OF UNUSED MEDS

Don't keep leftover pills you don't need. Dispose of them properly at a secure drop box location in your area. Find one near you at useonlyasdirected.org

5

REACH OUT

Addiction is a disease that needs treatment. Talk to your kids about the dangers. Talk to friends who may be struggling. Talk to a loved one if YOU need help.

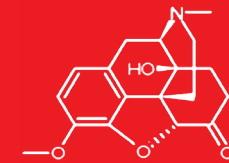
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CARRY NALOXONE

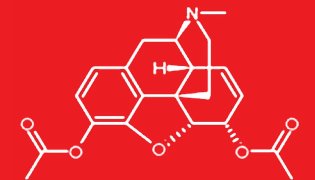
If you or someone you know is taking opioids, their life is at risk. Keep naloxone close and know the signs of an overdose (see back panel).

PRESCRIPTION OPIOIDS ARE JUST LIKE HEROIN.

CHEMICAL SIMILARITIES



OXYCODONE



HEROIN

Your body can't tell the difference between opioids and heroin because the composition of prescription opioids is almost identical to that of heroin.

OPIOIDS & THE BRAIN

Drug tolerance builds because your brain becomes less responsive to opioids the longer it's exposed.

The brain also stops producing natural endorphins, making you more susceptible to pain and diminishing your ability to feel happy naturally.

When you stop using opioids, your brain takes time to repair. You may experience intense withdrawal symptoms, such as shaking, vomiting, and anxiety.

A UTAH EPIDEMIC



THE EPIDEMIC

KNOW THE RISKS OF OPIOIDS.

DEPENDENCY

Opioids trigger a release of chemicals in your brain that reduce the perception of pain. Your brain eventually becomes accustomed to the heightened stimulation, demanding the unnatural levels to dull pain and feel pleasure, even when taking the drug as prescribed.

ADDICTION

Addiction is characterized by compulsive use despite harmful consequences. The craving to get high and/or avoid withdrawal leads to drug abuse, taking higher or more frequent doses than prescribed. Ultimately, people may turn to crime or illicit drugs, like heroin, to feed their addiction.

OVERDOSE

Opioids depress the part of the brain that controls breathing and alertness. Too many opioids can cause a person to stop breathing and die. If you or your loved one is taking opioids, know the signs of an overdose:

- Small, pinpoint pupils
- Blue/purple fingernails & lips
- Won't wake up, limp body
- Shallow or stopped breathing
- Faint heartbeat
- Gurgling, choking noise

NALOXONE SAVES LIVES.

Naloxone is an antidote that reverses an overdose and gets someone breathing again. If you're taking opioids, ask your doctor about co-prescribing naloxone.

Naloxone can also be obtained by anyone at a local pharmacy. Have it on hand for someone in need. It could save a life.

To learn more, visit naloxone.utah.gov

OPIOID ABUSE IS



STOP OPIOID

STOP THE EPIDEMIC

EPIDEMIC.ORG

