


Avoid Opioid



PRESCRIPTION ADDICTION



What you need
to **know** about
opioid misuse,
abuse, and
addiction

AvoidOpioidSD.com

South Dakota Opioid Resource Hotline
1-800-920-4343



What are opioids?

Opioids are highly addictive narcotic substances commonly prescribed for chronic pain after surgery or injury. Opioids must be used with extreme caution even though they can provide powerful relief for those struggling with chronic pain.

Regular use – even as prescribed by a doctor – can lead to dependence. **Misuse – taking a larger quantity than prescribed,** using for a different reason other than prescribed, or taking without a prescription can lead to addiction, overdose and even death. Some of the most commonly prescribed opioids are:

Generic Name	Brand Name
Hydrocodone Bitartrate/ Acetaminophen	NORCO, Vicodin
Tramadol HCL	Ultram, ConZip
Oxycodone HCL	Oxycontin, Roxicodone
Morphine Sulfate	Duramorph, Infumorph P/F
Acetaminophen with Codeine Phosphate	Tylenol-Codeine
Fentanyl	Duragesic, Subsys

A Note on Illicit or Illegal Use

Fentanyl is a synthetic opioid often used to treat severe pain caused by advanced cancer and is 50-100X more potent than morphine. While fentanyl is a prescription drug, most overdose and death is linked to illegally made fentanyl which is often mixed with heroin and/or cocaine.

Heroin is an illegal and highly addictive opioid drug. Its use has increased dramatically in the United States among men and women, most age groups, and all income levels. Nearly all of the people who used heroin also used at least 1 other drug or alcohol which is especially dangerous because it increases the risk of overdose.

If you suspect illegal activity, **contact local law enforcement.**



OPIOID ADDICTION
can start before you know it.
Talk to your doctor about
the **RISKS** before they
become a problem.

What are the risks?

Even when prescribed by a physician or dentist – **anyone** who takes prescription opioids can become addicted to them.

The rate of unintentional overdose continues to rise across the country at alarming rates.

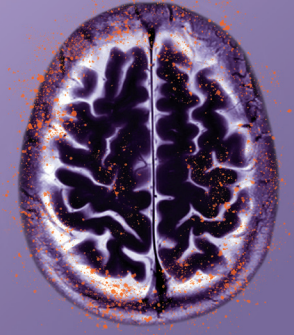
The risk for misuse or abuse is increased when there is:

- past or current substance use disorder
- untreated psychiatric disorder
- first use of an opioid or other drug at a young age
- social or family environments that encourage misuse

Since 2012,
OPIOID DEATHS have
INCREASED
in South Dakota



How do opioids affect the brain?



Opioids activate receptors in the brain to block pain signals. They can cause drowsiness, confusion, nausea, shallow breathing, or stop a person's breathing completely.

They can also cause euphoria, especially when more pills than prescribed are taken, when mixed with alcohol or other medications, or taken for reasons other than intended.

What are the side effects?

Even when taken as directed, prescription opioids can cause harmful side effects including:

- Increased sensitivity to pain
- Nausea & vomiting
- Constipation
- Confusion
- Low energy & depression
- Lower sex drive



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What can I do?

Never mix.

Never take opioids with alcohol or any other prescribed or over-the-counter medications.

No loose pills.

Keep prescriptions in the bottle provided by the pharmacy and keep track of how many have been taken and how many are left.

Never share or sell.

Selling your prescription opioids is illegal and sharing them can result in life-changing consequences. Don't risk it.

Store in a secure place.

Keep prescriptions in a locked cabinet – out of reach of children, family, friends, and visitors.

Properly dispose of unused medication.

Find drug take-back locations in your community or talk to your pharmacist.

Talk about it.

Talk to your doctor, your pharmacist, your children, and family and friends.



1 in 4 people
who are prescribed opioids
STRUGGLE with ADDICTION



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Find Help.

If you have an emergency, dial 911. Saving someone from an opioid overdose **requires a QUICK RESPONSE.**

In South Dakota, Good Samaritan laws provide limited immunity for minor drug violations, drug paraphernalia, and being under the influence at the time of the medical emergency.

Opioid Texting Support

Text **OPIOID** to **898211** to connect with local resources that best fit your needs. Answer a few questions and get help for yourself or a loved one who is struggling.

Addiction Treatment

Additional services can be located by calling:

South Dakota Opioid Resource Hotline
1-800-920-4343



If you or someone you know is struggling with opioid addiction – **don't wait.**

Reach out... You just might save a life.

