

Protect yourself



Pain medications:

Opioids (fentanyl, hydrocodone, methadone, hydromorphone, morphine, oxycodone, codeine, tramadol)

Know the risks of your pain medication.

- ▶ As many as **1 in 4 people** receiving long-term opioid medication struggles with addiction.¹
- ▶ These medications carry **risks** (side effects, addiction, overdose).
- ▶ **Talk with your doctor** about how much you should take, and the risks of long-term use.
- ▶ **Over 2/3** of those who misuse prescription painkillers report that they received them from a family member or friend.²

Sources:

1. Centers for Disease Control and Prevention—"Guidelines for Prescribing Opioids for Chronic Pain";

2. SAHMSA: 2013 National Survey on Drug Use & Health

Protect your family

At the doctor's

Ask questions...

- ▶ What are the **dangers**?
- ▶ **How long** should I take this medication?
- ▶ How do I take **less** or **stop** taking this medication?
- ▶ Should I be worried about taking it with **alcohol and other medications**?
- ▶ Are there **other options**?

At home

Secure...

- ▶ **Count your pills regularly** to make sure none are missing.
- ▶ **Lock your medications** in a safe place, out of sight of visitors and family members.
- ▶ Sharing your medication is **dangerous and illegal**.

When finished

Safely dispose...

- ▶ Dispose of any unused medication at a **Big Green Box**, located at your local police department.

