

What Is an Opioid Overdose?

Opioids are prescription medications that affect certain areas of the brain which regulate breathing. Taking opioids can cause breathing to slow or even stop. Combining opioids with alcohol and sedatives increases risk of overdose.

COMMON OPIOIDS INCLUDE

GENERIC	BRAND NAME
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxicodone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, TyCo, Tylenol #3
Fentanyl	Actiq, Fentora, Duragesic

* Heroin is also an opioid.

SYMPTOMS OF OPIOID OVERDOSE

- Won't awaken when aroused
- Lips and nails change colors: bluish purple for lighter skinned people and grayish or ashen tones for darker skinned people
- Slow, shallow, erratic, or absent breathing
- Snore-like gurgling or choking sounds
- Pinpoint pupils

GOOD SAM

The 911 Good Samaritan Law (called "Good Sam") PROTECTS YOU from drug possession charges if you call 911 or seek medical help for yourself or someone else who is overdosing.

Respond to Overdose.

If you call for help and cooperate with law enforcement and emergency responders, you won't be arrested for possession of a controlled substance.

- 1 Use fentanyl test strips to test your drugs.
- 2 Go slow and use less—a little goes a long way.
- 3 Space out doses because fentanyl acts fast and is different for everyone.

Naloxone wears off.

A person who has overdosed may experience symptoms again. Seek emergency care.

TO AVOID AN OPIOID OVERDOSE

- Tell your healthcare provider of all medications and supplements you are taking.
- Don't take other people's prescription medicine.
- Don't take more medicine or take it more often than instructed.
- Don't mix opioids with alcohol, benzodiazepines, sleeping pills, or any illicit substance.

For more information about how to get a naloxone kit, fentanyl test strips, and treatment programs visit:

[OKIMREADY.ORG](https://www.okimready.org)



OKLAHOMA
Mental Health &
Substance Abuse



OK, I'M READY TO Learn .

WHAT ARE OPIOIDS?

Opioids include prescription medications like oxycodone, hydrocodone, codeine, morphine and also heroin and fentanyl. Anyone can become addicted to an opioid, even if prescribed by a doctor. Opioids carry risk of overdose and death.

THE CRISIS

Oklahomans are suffering, and some are dying, from the massive increase in exposure to opioids. We didn't create this problem, but we can help our friends, families, and neighbors. This is our prescription for change...

OKIMREADY.ORG



OKLAHOMA
Mental Health &
Substance Abuse

1 Avoid Opioids

Opioids are not first line therapy for many common painful chronic conditions such as low back pain and come with serious risks like addiction and overdose. Opioid pain medicine may help with severe pain such as from cancer treatment or right after major surgery. Talk to your doctor about safer, more effective pain management.

2 Never Share

Never share or use another person's prescription opioids – it's dangerous and illegal. Instead of helping, you may be putting yourself or someone else on a dangerous path.

3 Lock + Dispose

Keep opioid medications locked away to prevent theft, child poisoning, and other harmful exposures. Monitor your medicines for missing or outdated pills. Don't keep leftover medicine – dispose of them safely at a local medication drop box, mail-back program or use FDA recommended home disposal.

4 Carry Naloxone

If you or someone you know takes opioids, there is a risk for overdose. Get a naloxone kit, keep it close, and know the signs of emergency overdose. Naloxone is now available in Oklahoma from your pharmacist or free locations near you.

5 Talk + Reach Out

Talk to your kids about drug harms early and often. Addiction is a disease that needs treatment. Reach out if you need help.

Scan code for more detailed instruction and get free naloxone.

