

HELP US SAVE LIVES!

Join Placer-Nevada Rx Drug Safety Coalition today in the fight against the opioid epidemic by...

- Staying informed about the dangers of opioids
- Properly disposing of old prescriptions **(find a drop-off location on our website)**
- Obtaining Narcan/naloxone in case of overdose
- Discussing pain management options with your physician, and asking for the smallest amount of medication needed
- Never sharing or selling prescription drugs to another person

The overall national opioid dispensing rate declined from 2012 to 2019, and in 2019, the dispensing rate had fallen to the lowest in 14 years**

In 2018, California providers wrote 35.1 opioid prescriptions for every 100 persons. This was among the lowest prescribing rates in the country and less than the average U.S. rate of 51.4 prescriptions*

LEARN MORE ABOUT OUR WORK AND MISSION



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A GUIDE to opioid safety



Created by the
Placer-Nevada Rx
Drug Safety
Coalition for
Placer and
Nevada County
Residents

WHAT ARE OPIOIDS?

Opioids are a class of drugs often prescribed to treat pain, including:

- oxycodone
- morphine
- hydrocodone
- methadone

So what's the big deal about opioids? They can cause major side effects and are highly addictive. While proper prescribing practices can help promote safe usage, illicit opioids are often produced and distributed, including heroin and fentanyl.

SIGNS OF OPIOID MISUSE DISORDER

It can be challenging if you or a loved one is being affected by opioid misuse or abuse. Being informed about risks and consequences of opioid use can help.

Symptoms of opioid misuse include:

- Trying to cut down or stop opioid use and not being able to
- Hurting relationships due to opioid use
- Developing a tolerance/needing larger amounts to get high
- Having strong cravings for opioids
- Overdosing on opioids

OPIOID OVERDOSE SIGNS AND TREATMENT

Too many opioids in someone's system can cause respiratory depression, which can lead to death. **This is how an overdose occurs.**

Overdoses happen for several reasons: misunderstanding medication directions, taking an extra dose, or mixing opioids with alcohol or certain medications.

SIGNS OF AN OVERDOSE

- Face is pale and/or clammy
- Body is limp
- Fingernails or lips have turned blue or purple
- Vomiting or making gurgling noises
- Cannot be awakened from sleep or unable to speak
- Breathing or heartbeat is very slow or stopped

Call 911 immediately if you or someone you know exhibits any of the symptoms listed above. Give a clear address and/or description of your location and tell the operator that the person is unresponsive and may be suffering from an overdose.

If you have naloxone, administer it.

Fentanyl is many times more powerful than other opioids and its illicit distribution is increasing in many communities. Fentanyl deaths increased 858% between 2012 and 2018, from 82 to 786 deaths.*

*according to CA Dept. of Health



You can help prevent an overdose by learning how to administer naloxone. Naloxone is a life-saving drug that reverses an opioid overdose for a period of time while waiting for first responders to arrive. You can acquire naloxone, commonly called Narcan, at most pharmacies with no prescription. Most insurance plans even cover the cost! To learn how to obtain naloxone please visit our website.