## How to Identify OPIOIDS

Opioids include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as: oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others.

### OPIOIDS COME IN MANY FORMS:

### Withdrawal symptoms include:

- Restlessness
- Muscle & bone pain
- Insomnia
- Diarrhea
- Vomiting
- Cold flashes with goose bumps
- Leg movements

## What to do if You See Someone OVERDOSING

**Call 9-1-1 immediately.**

Administer narcan, which can rapidly reverse an opioid overdose. Narcan is now available over the counter as a nasal spray. You do not need a prescription to get this life-saving drug.

## Help Is AVAILABLE

24 7

The substance abuse national hotline is free, confidential, and available 24/7, 365 days a year.

1-800-662-HELP (4357). TTY: 1-800-487-4889

Text your zip code to 435748 (HELP4U) to find help near you

## Know the Signs of an OVERDOSE

- Pale or clammy skin
- Body goes limp
- Fingernails or lips have a purple or blue color
- Vomiting or making gurgling noises
- Unconsciousness
- Breathing or heartbeat slows or stops

## OPIOIDS + ALCOHOL

Can result in a dangerous slowing of your heart rate and breathing, leading to a coma or death.

## What Are OPIOIDS?

Drugs used to reduce moderate to severe pain. Opioids can be made from the poppy plant or in the laboratory. They block pain signals by binding to opioid receptors on nerve cells and can be highly addictive and as a result have often been misused.

**OPIOIDS CAN KILL**

## Opioids Can WRECK YOUR BODY

**SHORT-TERM EFFECTS:**
Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death.

**LONG-TERM EFFECTS:**
Increased risk of overdose or addiction if misused.