

prescription Opioids *know the facts*

What are the risks of misusing prescription pain relievers (opioids)?

Talk with your health care provider about all the prescription drugs you take.

- Mental confusion
- Drowsiness
- Changes in brain that build tolerance, leading to dependence

WITHDRAWAL SYMPTOMS:

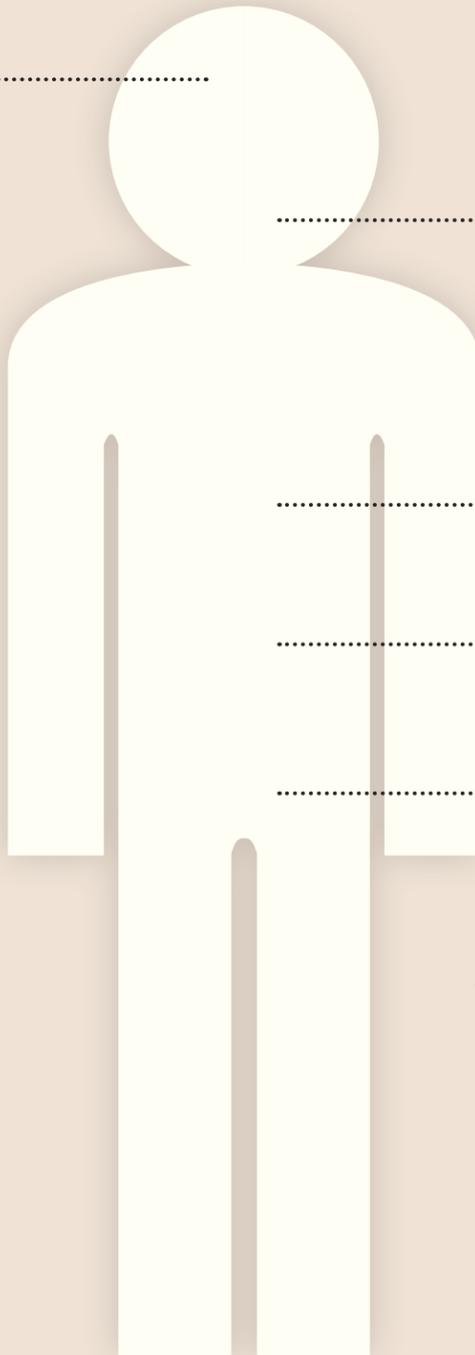
Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps, kicking movements, severe craving that can lead to relapse

TOTAL BODY EFFECTS:

Euphoria, warm flushing, poor nutrition, fatal overdose

PREGNANCY AND INFANTS:

Miscarriage, low birth weight, developmental delays, addiction in infants



- Infectious diseases such as HIV, Hepatitis B and Hepatitis C if injected

- Increased and/or decreased blood pressure

- Slow, irregular breathing that can be fatal

- Constipation

- Cramping

- Nausea

- HIV and other sexually transmitted infections from unsafe sex while intoxicated

Symptoms of overdose

**COLD/CLAMMY SKIN DRY MOUTH
WEAK PULSE DROWSINESS LOW
BLOOD PRESSURE COMA BLUE
NAILS AND LIPS MUSCLE SPASMS
DISORIENTATION VOMITING
NON RESPONSIVE SEIZURES
SMALL PUPILS NO BREATHING OR
SHALLOW BREATHING**

Need help?

For free referrals and emotional support:

Washington Recovery Help Line

1-866-789-1511

Teen Link

1-866-833-6546

Quick facts

- Prescription opioids are medications that relieve pain.
- They can be addictive if not used as directed by your doctor.
- More people die from opioid overdoses than from any other drug.



nearly **17** thousand



Nearly 17,000 people die each year from prescription pain reliever overdoses.

Lock up your meds and safely discard them. Visit: www.TakeBackYourMeds.org

How does your use affect you?

Check yourself at www.drugscreening.org

Washington
Recovery Help Line
24-Hr Help for Substance Abuse, Problem Gambling & Mental Health
866-789-1511
www.waRecoveryHelpLine.org

wasbirt
www.dshs.wa.gov/wasbirt

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