



What YOU Need to Know About the Opioid Crisis

Opioid Use Disorder (“addiction”) is a complex brain disease that cuts across all socioeconomic groups, religions, ethnicities, ages and races.

Opioid Use Disorder is a disease, not a moral failing or a choice, and the brains of those with Opioid Use Disorder are not operating rationally.

Thus, making good decisions about opioid use is difficult.

Opioid overdose is the #1 cause of unintentional deaths in Ohio – *higher than motor vehicle crash deaths*.

Ohio is #2 in the U.S. for overdose deaths with 153 in Lucas County alone in 2017.

Who is at risk for Opioid Use Disorder?

- Those with a genetic predisposition
- Those using opioids outside of their prescriptions or those using opioids long term

What are opioids?

Opioids are medications useful in managing pain; however, when misused, they can become addictive.

Common opioids include:

- Codeine (Tylenol #3, Tylenol #4)
- Fentanyl
- Hydrocodone (Vicodin, Norco)
- Hydromorphone (Dilaudid)
- Methadone
- Morphine
- Oxycodone (Percocet, OxyContin)
- Oxymorphone (Opana)
- Tramadol (Ultram)

Recognizing problematic opioid use:

Physical signs:

- Dilated eyes or pinpoint pupils
- Bloodshot or glazed eyes
- Abrupt weight changes
- Skin problems
- Injection marks

Behavioral signs:

- Problems sleeping
- Increased aggression or irritability
- Lethargy
- Depression
- Sudden changes in social network
- Dramatic changes in habits
- Impaired thinking and decision-making





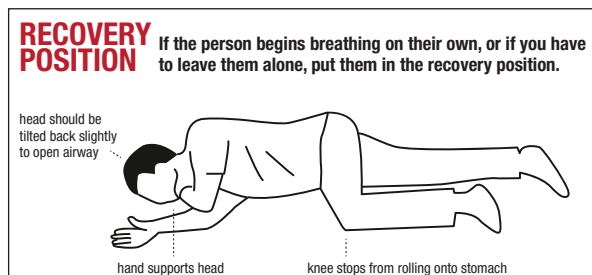
How You Can Help

Signs of opioid overdose:

- Blue lips and nails
- Gurgling noise or snoring
- Slow or absent breathing
- Person is not moving or unable to wake up

What to do for an opioid overdose:

1. Call 911; check for consciousness, breathing and pulse.
2. If not breathing, tilt head back, pinch nose and give one slow breath every five seconds.
3. Administer Narcan, if it is available.
4. If person is breathing, put the person in a side-lying position (see diagram) until help arrives.



5. Wait two minutes. If the person has not responded, administer a second dose of Narcan.
6. After Narcan, the person is at higher risk for fatal overdose if they use opioids right away.

Preventing opioid misuse—what can YOU do?

1. Address problems early.
2. Educate yourself to alternative pain management techniques and ask your health-care provider about the options you have other than opioids.
3. Safely store pain medications in a locked box and get rid of unused medications at local drop boxes. DO NOT FLUSH.
4. Do not take medications prescribed to other people or share your medications with others.
5. Participate in Narcan training. Contact the Toledo-Lucas County Health Department at 419.213.4100.
6. If someone you know is suffering from Opioid Use Disorder, be patient and don't give up. Recovery is a process. There will be ups and downs as well as relapses.

Need help but don't know where to start?

- Lucas County Recovery Helpline: 419.255.3125
- United Way: Call 2-1-1 for resources
- Northwest Ohio Syringe Services (NOSS): 419.213.2655
- UToledo Opioid Task Force: utoledo.edu/commissions/opioid-research

