



# What YOU Need to Know About the Opioid Crisis



## IMPORTANT FACTS:

- Opioid Use Disorder (OUD) is impacting families, schools, work sites and communities across northwest Ohio.
- OUD is a complex brain disease, not a choice or a moral failing, and the brains of individuals suffering from this disease do not allow them to think rationally.
- By reducing stigma (negative stereotypes) and misconceptions, we can save lives.
- Since 2007, opioid overdose has been the No. 1 cause of unintentional deaths in Ohio—higher than deaths from motor vehicle crashes.
- Ohio is No. 2 in the U.S. for number of opioid deaths.
- In 2017, 153 people died in Lucas County alone due to opioid overdoses.
- In Lucas County alone, approximately 2,971 doses of Narcan were administered by Ohio EMS providers by the end of November 2018.

## WHO IS AT RISK?

Opioid Use Disorder is a complex brain disease that affects ALL socioeconomic groups, religions, ethnicities, ages and races. By reducing stigma (negative stereotypes) and misconceptions, we can save lives.

## WHAT ARE OPIOIDS?

Opioids are medications such as Codeine, Fentanyl, Vicodin, Morphine, Percocet, OxyContin and Tramadol, which are useful for managing pain; however, when misused, they can be addictive.

## SOME SIGNS OF OPIOID OVERDOSE

include:

- Blue lips and nails
- Gurgling noise or snoring
- Slow or absent breathing
- Person is not moving or is 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 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.
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?

Visit [utoledo.edu/commissions/opioid-research](http://utoledo.edu/commissions/opioid-research) for more information and local resources.



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