

# Don't Be A Statistic *BE THE CHANGE!*



## What to Know About Opioids

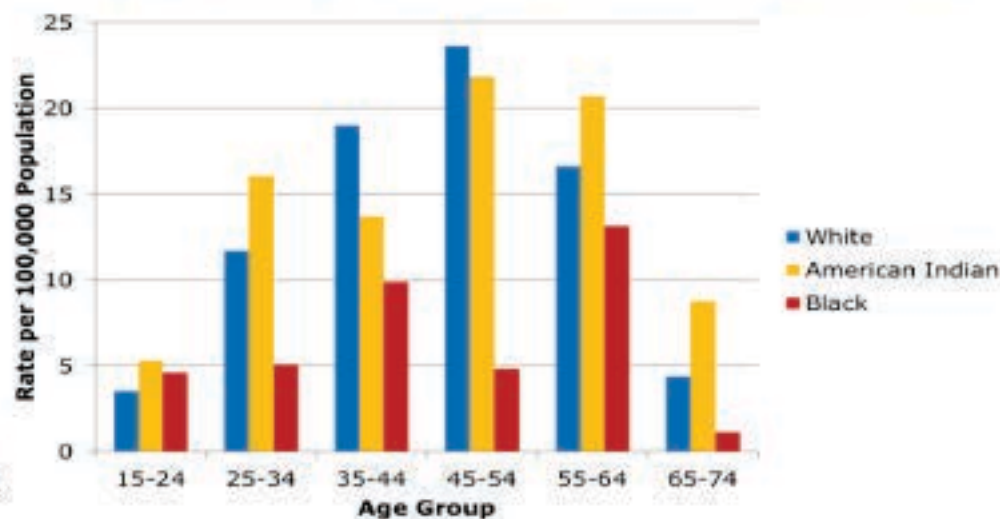
**6** out of **10**

unintentional poisonings in Oklahoma involve at least one prescription drug<sup>1</sup>

American Indians aged 15-34 and 55-64 years have one of the highest death rates from unintentional overdose deaths involving prescription opioids.<sup>2</sup>

Prescription opioids are involved in more overdose deaths than all illicit drugs combined.<sup>1</sup>

### Unintentional Prescription Opioid Overdose Death Rates by Age Group\* and Race, Oklahoma, 2013-2017



\*Decedents under age 15 and over age 74 were excluded due to small number of cases (<1% of all UP deaths). Source: OSDH, Injury Prevention Service, Fatal Unintentional Poisoning Surveillance System (Abstracted from Medical Examiner reports)

### What is an opioid?<sup>3,4</sup>

- Opioids are a classification of drugs that are used to treat and reduce moderate to severe pain
- They can have serious side effects and risks
- Opioids can be both legal and illegal/illicit drugs
- Misuse and abuse of prescription drugs can be just as dangerous and addicting as using illegal drugs

### What are common types?<sup>3,4</sup>

- Prescription opioid drugs include: oxycodone (OxyContin), hydrocodone (Vicodin), morphine, codeine, methadone, buprenorphine, and fentanyl
- Illegal opioid drugs include: heroin, opium, and illegally manufactured fentanyl



### Tips for individuals with opioid or other prescriptions:<sup>3,4</sup>

**#1**

Take medications as the doctor prescribes them and never share, give away, or sell your medications

**#2**

Dispose of medications safely through a local disposal program (drop boxes). Visit [obn.ok.gov](http://obn.ok.gov) to find a disposal site near you

**#3**

Safely store medications in the home or while traveling using a lock box, pouch, or other device that locks

FOR MORE INFORMATION VISIT: [WWW.SPTHB.ORG](http://WWW.SPTHB.ORG) | [WWW.THINKSMARTOK.ORG](http://WWW.THINKSMARTOK.ORG) | [WWW.OKIMREADY.ORG](http://WWW.OKIMREADY.ORG)

#### Sources

1. Oklahoma Bureau of Narcotics (OBN). (2019). Drug Overdose [webpage]. Retrieved from [https://www.ok.gov/health/Protective\\_Health/Injury\\_Prevention\\_Service/Drug\\_Overdose/index.html](https://www.ok.gov/health/Protective_Health/Injury_Prevention_Service/Drug_Overdose/index.html)
2. Oklahoma State Department of Health (OSDH). (2019). Drug overdose data resources. Retrieved from [https://www.ok.gov/health2/documents/UP\\_Data\\_Charts\\_Tables.pdf](https://www.ok.gov/health2/documents/UP_Data_Charts_Tables.pdf)
3. Centers for Disease Control and Prevention (CDC). (December, 2019). Opioid Basics [webpage]. Retrieved from <https://www.cdc.gov/drugoverdose/opioids/index.html>
4. Indian Health Service (IHS). (n.d.). Pain and opioid use disorder [webpage]. Retrieved from <https://www.ihs.gov/opioids/>