

# REVERSE AN OVERDOSE WITH NALOXONE

Too many opioids in the body can cause a person to stop breathing. Signs of an overdose include:

Small, pinpoint pupils

Blue/purple fingernails & lips

Won't wake up, limp body

Shallow or stopped breathing

Faint heartbeat

Gurgling, choking noise

Anyone can get and use naloxone to reverse an opioid overdose.

- ✓ Naloxone knocks opioids off brain receptors and allows the person to breathe, providing enough time for emergency personnel to arrive.
- ✓ Naloxone can be obtained through your local pharmacy (without a prescription) or a community outreach provider ([naloxone.utah.gov/outreach-providers](http://naloxone.utah.gov/outreach-providers)).
- ✓ Know the steps to administer naloxone. Training videos at [naloxone.utah.gov/media](http://naloxone.utah.gov/media).

Call 9-1-1, get medical help, or call the Utah Poison Control Center  
1-800-222-1222.



# SUBSTANCE USE DISORDER RESOURCES

If you or someone you know is dealing with substance use disorder; or you feel you have become physically dependent or addicted to your opioid prescription, there is help available. By going to the websites below or calling 2-1-1 you can find treatment providers.

Utah Department of Human Services  
Substance Abuse and Mental Health  
[dsamh.utah.gov](http://dsamh.utah.gov)

National Substance Abuse and Mental Health  
Services Administration  
[findtreatment.samhsa.gov/locator](http://findtreatment.samhsa.gov/locator)

**Other Resources:**  
Naloxone  
[naloxone.utah.gov](http://naloxone.utah.gov)

Poison Control  
[utahpoisoncontrol.org](http://utahpoisoncontrol.org)

Stop the Opidemic  
[opidemic.org](http://opidemic.org)

Utah Naloxone  
[utahnaloxone.org](http://utahnaloxone.org)

Use Only as Directed  
[useonlyasdirected.org](http://useonlyasdirected.org)

(801) 538-6864  
vippp@utah.gov  
[www.health.utah.gov/vipp](http://www.health.utah.gov/vipp)



# OPIOID PAIN MEDICATION

## WHAT YOU NEED TO KNOW



# WHAT ARE OPIOIDS?

Opioids are medications prescribed to treat pain. Common prescription opioids include:

Oxycodone (OxyContin, Roxicodone)

Oxycodone/Acetaminophen (Percocet)

Hydrocodone (Lortab, Vicodin, Norco)

Codeine

Fentanyl

Meperidine (Demerol)

Methadone

Tramadol (Ultram)

Morphine (MS-Contin)

Unlike antibiotics, you should only take the minimum amount of prescribed opioids needed to treat pain. You do not need to finish the prescription.

Regular use—even as prescribed by a doctor—can lead to dependence and, when misused, can lead to addiction, overdose, and deaths.

# KNOW THE RISKS

Opioids affect the brain and body. In addition to constipation, nausea, and dizziness, other adverse health concerns include:

- ✓ Slowed breathing (sign of an overdose), which can lead to coma, permanent brain damage, or death.
- ✓ Opioids should not be combined with alcohol or other medications, such as benzodiazepines, without talking to a doctor or pharmacist.

Long-term use of prescription opioids, even as prescribed, can lead to **tolerance**. This means a higher and/or more frequent dose is needed to get the desired effect.

Drug **dependence** occurs with repeated use, causing the brain to only function normally when using the drug. The absence of the drug causes several physical reactions. The body can become dependent on opioids in as little as seven days.

Opioid **addiction** (Opioid Use Disorder), is a chronic disease characterized by compulsive use despite harmful consequences and long-lasting changes in the brain.

# SAFELY MANAGE YOUR PAIN AND PRESCRIPTIONS

There are safer ways to manage pain. The treatments below have fewer risks and side effects:

Acupuncture/massage

Acetaminophen (Tylenol®)

Ibuprofen (Advil®)

Naproxen (Aleve®)

Physical therapy

Exercise

Certain medications that are also used for depression or seizures

Interventional therapies (injections)

Cognitive Behavioral Therapy

There are safer ways to store and dispose opioids.

- ✓ Store opioids in a locked place (e.g. like a med safe) out of reach of kids, family, pets, and guests.
- ✓ Keep opioids in the original container with the child-resistant cap secured.
- ✓ Take unused medications to collection bins located across the state for safe and convenient disposal. To find a dropbox location visit [useonlyasdirected.org](http://useonlyasdirected.org).