



# The Opioid Crisis

Let's end it.

**We are in the midst of the deadliest drug crisis in American history.**

It can affect anyone. You can help end the crisis.

## Did you know?

- Opioid overdose is the leading cause of accidental death in the U.S.
- 80% of opioids dispensed in the world are dispensed in the U.S.
- For many, what started with a legitimate prescription evolved into a heroin addiction.
- Nearly half of those who misused prescription opioids obtained them from someone else's medicine cabinet.

*Opioids include both illegal drugs like heroin, and prescription pain medications like: · Codeine (Tylenol 3, certain cough syrups) · Hydrocodone (Vicodin®, Lortab) · Oxycodone (Percocet, OxyContin®) · Hydromorphone (Dilaudid) · Morphine (MS Contin, MSIR) · Fentanyl (Duragesic®) · Methadone · Buprenorphine (semisynthetic opioid) · Propoxyphene (Darvocet, Darvon)*

## How You Can Help

### If your doctor or dentist prescribes you an opioid:

- Consider asking if there is an alternative treatment for pain, or non-opioid pain medication.
- If an opioid prescription is the best option:
  - Get the lowest effective dose.
  - Ask for a prescription for the minimum number of treatment days needed (usually 3-7 days depending on individual situation).
  - Ensure that excess or expired prescriptions are disposed of properly.\*

### In case of overdose:

- Call 9-1-1.
- Keep Narcan (Naloxone) on hand, available at many CVS pharmacies, which is a nasal spray that can reverse an overdose.

### If addiction treatment is needed:

- Medication Assisted Treatment (MAT) offers the best chance of a successful recovery.
- Work with your local onsite EAP counselor or call the EAP hotline at 1-888-445-4436 to find the best treatment center for your situation. EAP is a free, confidential program for you and your dependents.
- Contact one of the Peer Volunteers, fellow employees who are in long-term recovery and can help 24/7: [peervolunteers.org](http://peervolunteers.org).

### \*Opioid disposal options:

- DEA take-back program: visit [takebackday.dea.gov](http://takebackday.dea.gov) for the next Prescription Drug Take Back Day and drop off locations.
- Kaiser members: visit [kp.org/facilities](http://kp.org/facilities) for locations of secure collection kiosks in some Kaiser pharmacy lobbies.
- Anthem members: ExpressScripts will mail disposal bags to your home ([express-scripts.com/pgc](http://express-scripts.com/pgc)).
- Cal Recycle: [calrecycle.ca.gov/HomeHazWaste/Medications/Household/](http://calrecycle.ca.gov/HomeHazWaste/Medications/Household/)