



# 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 treatment days needed (usually 3-7 days depending on situation).
  - Ensure that excess or expired prescriptions are disposed of properly.\*

### In case of overdose:

- Call 9-1-1.
- Consider getting trained on and stocking Narcan (Naloxone)—a nasal spray that can reverse an overdose—in your home first aid kit. Available at many CVS pharmacies. Find more information here:

<https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/SACB/Pages/NaloxoneGrantProgram.aspx>

### If addiction treatment is needed:

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

### \*Opioid disposal options:

- 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](http://express-scripts.com)).
- DEA take-back program: visit [dea.gov/takebackday](http://dea.gov/takebackday) for the next Prescription Drug Take Back Day and drop off locations.
- Search for a disposal site nearest you on one the following websites:
  - Cal Recycle: [calrecycle.ca.gov/HomeHazWaste/Medications/Household](http://calrecycle.ca.gov/HomeHazWaste/Medications/Household)
  - Dispose My Meds: [disposemymeds.org/medicine-disposal-locator](http://disposemymeds.org/medicine-disposal-locator)
  - FDA safe disposal of medicines: [fda.gov/drugs/ensuring-safe-use-medicine/safe-disposal-medicines](http://fda.gov/drugs/ensuring-safe-use-medicine/safe-disposal-medicines)
  - National Association of Boards of Pharmacy: [safe.pharmacy/drug-disposal](http://safe.pharmacy/drug-disposal)

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