

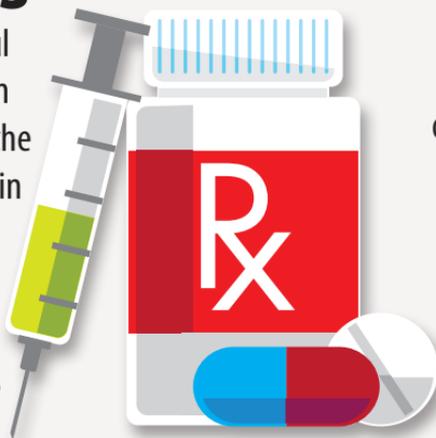
# The Opioid Crisis

The opioid epidemic has become a public health crisis with devastating consequences.

## Opioids

include powerful prescription pain medications and the illegal drug, heroin

**~25%**  
of patients prescribed opioids for pain misuse them



**115+**  
Americans die each day from opioid overdose

**80%**  
of heroin users first used prescription opioids

If change doesn't occur, the death toll will keep rising.



**K-STATE**  
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider and employer. MF3405 May, 2018

# Make A Change

## Practice safe storage of medications

### Treat opioid medications like you would a firearm:

- Store in a safe, secure location
- Utilize a lockbox
- Never leave medications on a counter, nightstand, or other accessible locations
- Return medications to a secure location after each use

### Dispose of medications safely:

- Dispose of your medications at DEA authorized collectors or at drug take-back events
- Utilize medication disposal bags
- Mix your medication with an undesirable substance, seal it in a bag, and dispose of it in your household trash
- Mark out labels and safely dispose of your medication bottles so you don't become a target for break-ins

# Save a Life

## Know how to respond in an emergency

### Signs of an overdose are:

- Shallow breathing
- Gasping or choking for air
- Pale skin
- Blue lips and/or fingertips
- Small, pinpoint pupils
- Unconsciousness

### If you suspect someone is overdosing:

1. **Rouse and stimulate.** Attempt to wake the person.
2. **Call 911.** The dispatcher may advise you to perform CPR.
3. **Administer naloxone.** If you or another bystander has naloxone, administer it.