

Local Medication Disposal

Many local pharmacies have bins that can take unused or expired medications. They accept controlled substances, like prescription painkillers. Call DHHS Healthy Communities at (707) 268-2132 for more information.

Check the Rx Safe Humboldt website for a complete list medication disposal sites.



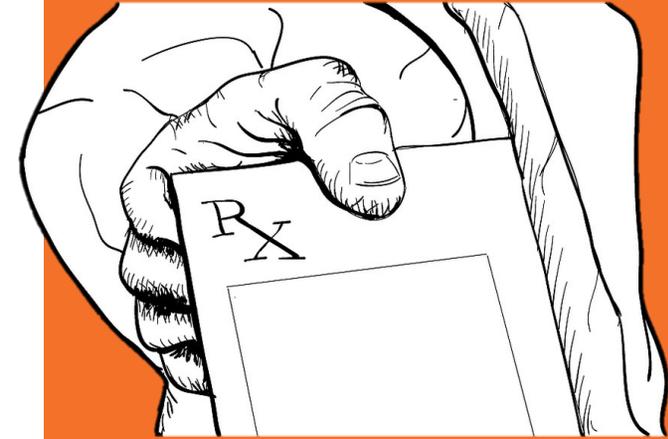
For more info visit

RxSafeHumboldt.org

nsc.org

cdc.gov

For your pain



You've been prescribed an opioid.

Here are some things you should know...

Rx SAFE
HUMBOLDT
Safer Care and Better Outcomes

What is an Opioid?

A natural or synthetic substance that reduces feelings of pain.

Examples of Opioids

- Hydrocodone (Vicoden, Norco)
- Oxycodone (OxyContin, Percocet)
- Hydromorphone (Dilaudid)
- Fentanyl (Duragesic)
- Methadone
- Demerol
- Codeine
- Morphine
- Heroin

Side Effects

Possible with short-term use:

- Constipation
- Nausea, vomiting, and dry mouth
- Drowsiness and/or difficulty sleeping
- Dizziness and/or incoordination
- Confusion

With longer-term use, all of the above, plus:

- Irregular or suppressed breathing,
- Low levels of testosterone, which can cause lowered sex drive, energy, and strength
- Irregular heart rhythm
- Itching and sweating

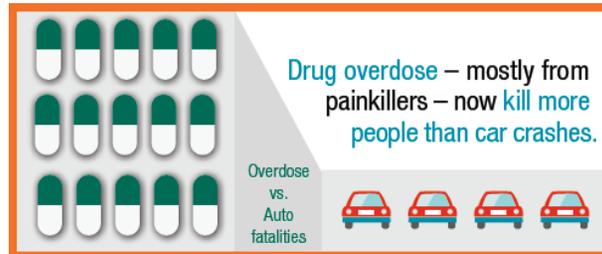
Benefits

Opioids are typically most effective for new, short-term pain relief, and are also invaluable for severe pain from cancer or other terminal conditions.

Risks

Patients taking prescription opioids are at risk for unintentional overdose or death and can become addicted. Up to 1 in 4 people receiving long-term opioid therapy in a primary care setting struggle with addiction. From 1999 to 2014, more than 165,000 people died from overdose related to prescription opioids in the US.

***Humboldt County's opioid-related death**



rate is 3 to 4 times the rate of California*

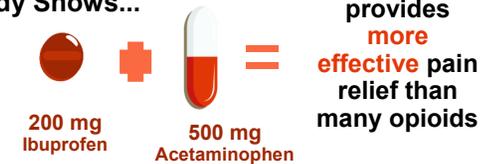
Additionally, long-term use of opioids places you at risk for:

- **Tolerance**—Needing to take more medication to get the same effect
- **Physical dependence**—Having symptoms of withdrawal when the medication is stopped
- **Increased sensitivity to pain**

IF YOU ARE PRESCRIBED OPIOIDS...

- 1 Use them only as instructed by your doctor. NEVER take opioids in greater amounts or more often than prescribed. PRN on a prescription means AS NEEDED, or IF NEEDED.
- 2 Use the smallest amount of opioid painkillers for the fewest number of days possible. In most cases, you can switch to non-opioid pain relievers within 3 to 7 days.

A Study Shows...



- 3 Avoid these other drugs while taking an opioid, unless specifically advised by your doctor:

- Alcohol
- Benzodiazepines (Xanax, Valium),
- Muscle relaxants (Soma, Flexeril),
- Hypnotics (Ambien, Lunesta),
- Medications containing acetaminophen (Tylenol), IF your prescribed opioid also contains it.
- Other prescription opioid pain relievers

Follow up with your doctor to discuss side effects and concerns, and to create a pain management plan that includes non-opioid options.

Drink plenty of fluids and consider laxatives to counteract constipation.

Never share your opioids or use another's prescription opioids.

Store your opioids in a safe place, out of reach of others; consider using a locked container.