

Local Medication Disposal

These 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.

Cloney's Pharmacy –Eureka
2515 Harrison Ave.
Eureka, CA 95501
707-443-7086

Cloney's Pharmacy –Mckinleyville
1567 City Center Rd.
McKinleyville, CA 95519
707-840-9923

Green's Pharmacy
906 Main St.
Fortuna, CA 95540
707-725-4431

Palco Pharmacy
113 Main St.
Scotia, CA 95565
707-764-3591

Ring's Pharmacy
362 Main St.
Ferndale, CA 95536
707-786-4511

Willow Creek Pharmacy
39050 U.S. Highway 299
Willow Creek, CA 95573
530-629-3144



Check the RxSafeHumboldt website for future updates on medication disposal sites.

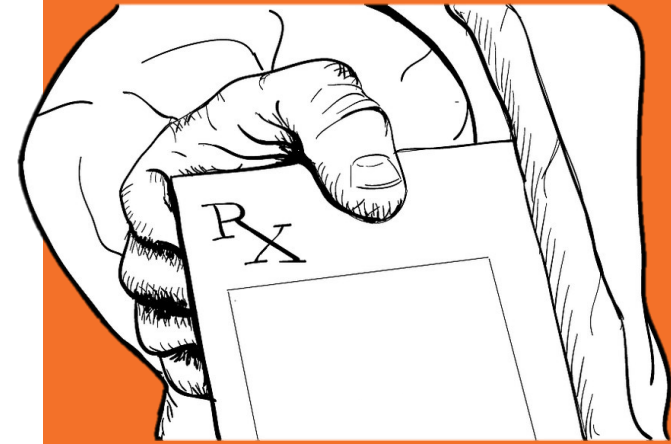
For more info visit

<http://www.rxsafehumboldt.com>
<http://www.nsc.org/pages/home.aspx>
<https://www.cdc.gov/>

Sponsored by:



For your pain



You've been prescribed an opioid.

Here are some things you should know...

What is an Opioid?

A natural or synthetic substance that reduces feelings of pain.

Examples of Opioids

- Hydrocodone (Vicodin, 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

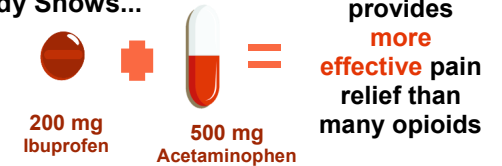
Additionally, long-term use of opioids places you at risk for:

- **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 (such as Xanax or Valium),
- Muscle relaxants (such as Soma or Flexeril),
- Hypnotics (such as Ambien or 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.