

# prescription Opioids *know the facts*

## What are the risks of misusing prescription pain relievers (opioids)?

Talk with your health care provider about all the prescription drugs you take.

- Mental confusion
- Drowsiness
- Changes in brain that build tolerance, leading to dependence

### WITHDRAWAL SYMPTOMS:

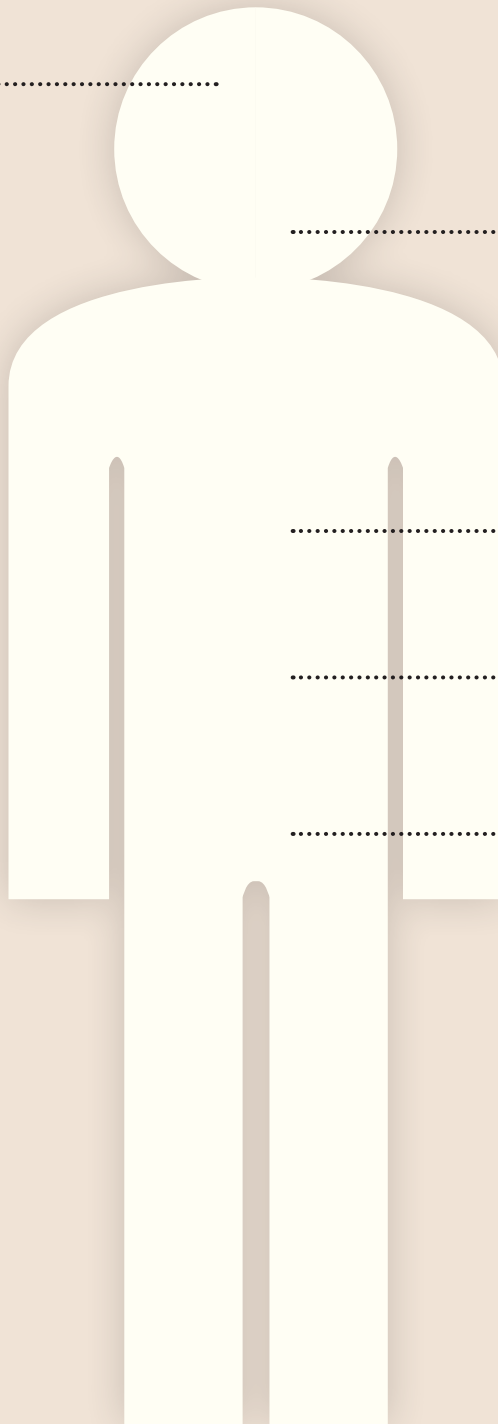
Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps, kicking movements, severe craving that can lead to relapse

### TOTAL BODY EFFECTS:

Euphoria, warm flushing, poor nutrition, fatal overdose

### PREGNANCY AND INFANTS:

Miscarriage, low birth weight, developmental delays, addiction in infants



- Infectious diseases such as HIV, Hepatitis B and Hepatitis C if injected

- Increased and/or decreased blood pressure

- Slow, irregular breathing that can be fatal

- Constipation
- Cramping
- Nausea

- HIV and other sexually transmitted infections from unsafe sex while intoxicated

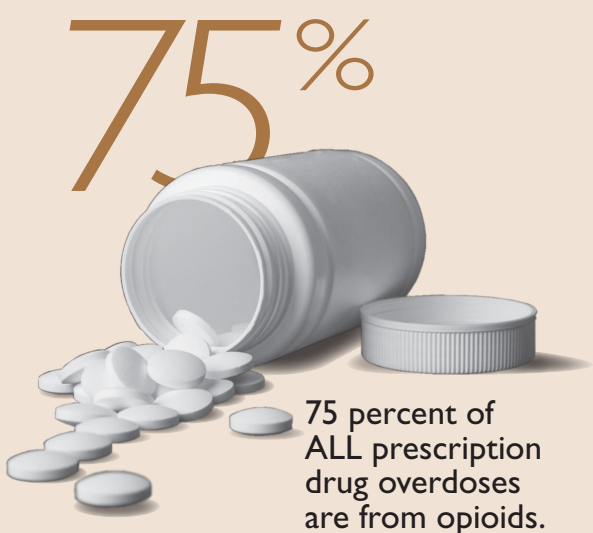
### Symptoms of overdose

**COLD/CLAMMY SKIN DRY MOUTH  
WEAK PULSE DROWSINESS LOW  
BLOOD PRESSURE COMA BLUE  
NAILS AND LIPS MUSCLE SPASMS  
DISORIENTATION VOMITING  
NON RESPONSIVE SEIZURES  
SMALL PUPILS NO BREATHING OR  
SHALLOW BREATHING**

### Need help?

For free referrals and emotional support:  
Washington Recovery Help Line  
1-866-789-1511  
Teen Link  
1-866-833-6546

### Quick facts



75 percent of ALL prescription drug overdoses are from opioids.

- Prescription opioids are medications that relieve pain.
- They can be addictive if not used as directed by your doctor.
- More people die from opioid overdoses than from any other drug.

nearly **17** thousand



Nearly 17,000 people die each year from prescription pain reliever overdoses.

Lock up your meds and safely discard them. Visit: [www.TakeBackYourMeds.org](http://www.TakeBackYourMeds.org)

**How does your use affect you?**

Check yourself at [www.drugscreening.org](http://www.drugscreening.org)

Washington  
Recovery Help Line  
24-Hr Help for Substance Abuse, Problem Gambling & Mental Health  
866-789-1511  
[www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org)

**wasbirt**  
[www.dshs.wa.gov/wasbirt](http://www.dshs.wa.gov/wasbirt)

Washington State  
Department of Social  
& Health Services  
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