Opioid misuse and abuse: what to know when taking opioids

Opioids are medications that can be prescribed for pain relief, but they can also be misused. This can lead to addiction and other health problems. To reduce the risk of misuse, it is important to:

- Follow your doctor’s instructions exactly.
- Store medications out of reach of children and pets.
- Do not give opioids to anyone else.
- Dispose of unused opioids properly.

The following are commonly used opioids:

- Codeine
- Dilaudid
- Fentanyl
- Hydrocodone (Vicodin)
- Hydromorphone
- Methadone
- Meperidine
- Morphine
- MS Contin
- Oxymorphone (Opana)
- Oxycodone (OxyContin)
- Percocet

If you have unused opioids, it is important to properly dispose of them. Visit www.takebackyourmeds.org to find a collection site near you.

Washington State and local health departments offer opioid disposal programs. Check with your local health department for more information.

THE OPIOID EPIDEMIC

The opioid crisis is a public health epidemic that has affected communities across the United States. Opioids are highly addictive and can lead to long-term use and dependence. The crisis has resulted in increased deaths from drug overdose and a rise in drug-related illnesses.

1. In 2015, King County reported 718 opioid overdose deaths. This is a 57% increase from 2013.

2. Among people aged 18-29, the share who report using opioids has increased significantly since 2010.

3. According to the Centers for Disease Control and Prevention, opioid overdose deaths have increased by 70% since 2010.

Note: anime: takebackyourmeds.org.

www.washingtonhealthalliance.org  www.breecollaborative.org