

**Opioid and Overdose: Steps to Take When Someone Is Injured or Sick**

If a person is injured or sick, they may require opioids. However, if they have an opioid overdose, they may experience symptoms such as:

- Loss of consciousness
- Slow breathing
- Pale or blue skin
- Unresponsiveness

If you suspect an opioid overdose, call emergency services immediately.

**Steps to Take When Someone Is Injured or Sick**

- **Stop:** If someone is overdose, try to stop the flow of opioids into their body. This can be done by removing any opioid-containing medications from their reach.
- **Stay:** Stay with the person until help arrives.
- **Show:** Show the person's ID if possible. This can help emergency responders identify the type of opioid involved.
- **Tell:** Tell emergency responders about any medications the person is taking or has taken recently.

**Steps to Take When Someone Is Injured or Sick**

- **Stop:** Put the person in a safe place where they cannot harm themselves or others.
- **Stay:** Stay with the person until help arrives.
- **Show:** Show the person’s ID if possible. This can help emergency responders identify the type of opioid involved.
- **Tell:** Tell emergency responders about any medications the person is taking or has taken recently.

**Opioids that are often misused:**

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

**Stop using opioids:**

- Stop using opioids. These are the steps to take if you suspect an opioid overdose:
  - Call emergency services immediately.
  - If the person is意识不清, do not give them opioids. Give them something else that will help them stay alert and conscious.

**Safely disposing of unused opioids:**

- Follow the guidelines provided by your local waste management agency.

**Additional resources:**

- BREE Collaborative: [www.BreeCollaborative.org](http://www.BreeCollaborative.org)

*King County, Washington, has implemented a program called take back your meds to help prevent opioid misuse. For more information, go to: [www.takebackyourmeds.org](http://www.takebackyourmeds.org).*
In 2015, 718 gifted doctors died by suicide in the United States, and 38,000 deaths and overdose deaths occurred due to opioids.

American Society of Addiction Medicine

1 in 5 adult deaths come from opioid overdoses.

Full data and resources:


*King County has administered a survey to healthcare workers on opioid prescription. For more information, please visit: www.takebackyourmeds.org.