

LOCAL RESOURCES:

EMERGENCY: 911

**Drug Addiction & Mental Health
Crisis Hotline:** 614-276-2273
netcareaccess.org

**Columbus Public Health
Opiate Crisis Line:**
(M-F, 9am-5pm)
614-724-HOPE (4673)

Hands on Central Ohio: 211
handsoncentralohio.org

Naloxone Kit:
Southeast Medical Services
614-225-0990

HIV & Hepatitis C Testing:
Alcohol & Drug Abuse Program
(at Columbus Public Health)
614-645-6893

Syringe Access:
SafePoint: 614-460-1406

Additional Support:
Narcotics Anonymous
614-252-1700 / nacentralohio.org
Nar-Anon
614-470-3428 / nar-anon.org

7/2016



OPIATE USE PREVENTION RESOURCES Community Pocket Card

WHAT IS ADDICTION?

- **Addiction is a chronic, relapsing brain disease** that is characterized by compulsive drug seeking and use, despite harmful consequences.
- **Drugs change the brain.** These changes can be long-lasting, and can lead to the harmful behaviors seen in people who abuse drugs.

WHAT ARE OPIOIDS?

- **Opiates are drugs that depress or relax the activity of the nervous system** which decrease feelings of pain and effects breathing.
- **Opioids include drugs** such as heroin, oxycodone (Percocet, Percodan, OxyContin), hydrocodone (Vicodin, Lortab, Norco), fentanyl, hydromorphone (Dilaudid), buprenorphine (Subutex, Suboxone), codeine, methadone, morphine, and tramadol (Ultram).

HOW DO YOU KNOW WHEN YOU'RE READY TO GET HELP?

- Have you ever felt you should cut down your use?
- Have you ever felt guilty or bad about using?
- Have you ever been in trouble with the law, at school or work due to your use?
- Has your drug use caused problems at home with your spouse/partner or family?

If you answered "yes" to any of the questions above, refer to the Treatment Options listed on the reverse side.

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HOW TO HELP OTHERS:

An overdose is a medical emergency and 911 should be called immediately.

SIGNS OF AN OVERDOSE:

- Slow breathing (less than 1 breath every 5 seconds)
- or no breathing
- Vomiting
- Face is pale and clammy
- Blue lips, fingernails, or toenails
- Slow, erratic, or no pulse
- Snoring or gurgling noises while asleep or nodding off
- No response when you yell the person's name or rub the middle of their chest with your knuckles

HOW TO RESPOND TO AN OVERDOSE:

- **Try to wake the person up** by yelling their name and rubbing the middle of their chest with your knuckles.
- **Call 911 and explain** that the person has stopped or is struggling to breathe.
- **Make sure nothing is in the person's mouth** that can block their breathing. If breathing has stopped or is very slow begin rescue breathing.
- **If possible, administer naloxone** (Narcan).

WHAT IS NALOXONE?

- **Naloxone is a medicine** commonly known as Narcan that can be used to **reverse an overdose** caused by opioid drugs.
- When administered during an overdose, naloxone blocks the effects of opioid on the brain and restores breathing.
- It can be given as an **injection** in a muscle or as a **nasal spray**.
- Naloxone works rapidly and will not harm the person receiving it.

TREATMENT OPTIONS:

Inpatient/Residential: Involves an extended stay with detox and counseling for those in early recovery

Outpatient Counseling: Involves individual and group therapy

Medical Intervention: Using medications to alleviate withdrawal symptoms and physical dependence combined with counseling

Support Groups: 12-step, peer-driven meetings for social support

FOR MORE INFORMATION VISIT:

- adamhfranklin.org
- netcareaccess.org
- equitashealth.com
- columnbus.gov/harm

To provide the public with current information and resources to assist those who are impacted by

OUR GOAL:

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opioid use and addiction