

Opioids

Prevent an overdose



Opioid overdose deaths are preventable. Opioids include prescription pain medications like codeine or fentanyl, as well as the street drug heroin. All opioids have the potential for misuse, dependence, and overdose. Prevention, treatment, and naloxone all play a role in saving lives.

What to do

- **Safe use:** Talk to your doctor about the risks and benefits of taking prescription pain medications, and when possible, explore non-opioid pain treatments.
- **Safe storage and disposal:** Store all prescription medications in a safe place. Dispose of any unused prescription medications, including opioids, in a drop-box location near you.
- **Get help:** If you are dependent on or addicted to opioids, talk to your doctor about tapering your medication, receiving counseling, and/or getting into a chemical health treatment facility.

- **Prevent overdoses:** If you or anyone you know is at risk, go to your pharmacy and ask for naloxone, a medication that can rescue a person during an overdose.

What to know

In 2017, 422 people died from an opioid overdose in Minnesota

- 195 overdose deaths involved prescription pain medications.
- 111 overdose deaths involved heroin.
- 184 deaths were from synthetic opioids, like fentanyl.

Naloxone is a safe way to reverse an opioid overdose

Carrying naloxone is a life-saving measure, but it does not take the place of seeking medical, mental, and chemical health care.

For more information

- **Naloxone:**
<http://www.health.mn.gov/communities/opioids/basics/naloxone>
- **Opioids Dashboard:**
<http://www.health.mn.gov/opioiddashboard>



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