



The Opioid Crisis

Let's end it.

We are in the midst of the deadliest drug crisis in American history.

It can affect anyone. You can help end the crisis.

Did you know?

- Opioid overdose is the leading cause of accidental death in the U.S.
- 80% of opioids dispensed in the world are dispensed in the U.S.
- For many, what started with a legitimate prescription evolved into a heroin addiction.
- Nearly half of those who misused prescription opioids obtained them from someone else's medicine cabinet.

Opioids include both illegal drugs like heroin, and prescription pain medications like: · Codeine (Tylenol 3, certain cough syrups) · Hydrocodone (Vicodin®, Lortab) · Oxycodone (Percocet, OxyContin®) · Hydromorphone (Dilaudid) · Morphine (MS Contin, MSIR) · Fentanyl (Duragesic®) · Methadone · Buprenorphine (semisynthetic opioid) · Propoxyphene (Darvocet, Darvon)

How You Can Help

If your doctor or dentist prescribes you an opioid:

- Consider asking if there is an alternative treatment for pain, or non-opioid pain medication.
- If an opioid prescription is the best option:
 - Get the lowest effective dose.
 - Ask for a prescription for the minimum number of treatment days needed (usually 3-7 days depending on individual situation).
 - Ensure that excess or expired prescriptions are disposed of properly.*

In case of overdose:

- Call 9-1-1.
- Consider getting trained on and stocking [Narcan \(Naloxone\)](#)—a nasal spray that can reverse an overdose—in your home first aid kit. Available at many CVS pharmacies.

If addiction treatment is needed:

- Medication Assisted Treatment (MAT) offers the best chance of a successful recovery.
- Work with your local onsite EAP counselor or call the EAP hotline at 1-888-445-4436 to find the best treatment center for your situation. EAP is a free, confidential program for you and your dependents.
- Contact one of the Peer Volunteers, fellow employees who are in long-term recovery and can help 24/7: [peervolunteers.org](#).

*Opioid disposal options:

- Kaiser members: visit [kp.org/facilities](#) for locations of secure collection kiosks in some Kaiser pharmacy lobbies.
- Anthem members: ExpressScripts will mail disposal bags to your home ([express-scripts.com/pge](#)).
- DEA take-back program: visit [takebackday.dea.gov](#) for the next Prescription Drug Take Back Day and drop off locations.
- Search for a disposal site nearest you on one the following websites:
 - Cal Recycle: [calrecycle.ca.gov/HomeHazWaste/Medications/Household/](#)
 - Dispose My Meds: [disposemymeds.org/medicine-disposal-locator/](#)
 - FDA safe disposal of medicines: [fda.gov/drugs/ensuring-safe-use-medicine/safe-disposal-medicines](#)
 - National Association of Boards of Pharmacy: [safe.pharmacy/drug-disposal/](#)