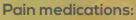
## **Protect yourself**



Opioids (fentanyl, hydrocodone, methadone, hydromorphone, morphine, oxycodone, codeine, tramadol)

# Know the risks of your pain medication.

- As many as 1 in 4 people receiving long-term opioid medication struggles with addiction.<sup>1</sup>
- These medications carry *risks* (side effects, addiction, overdose).
- Talk with your doctor about how much you should take, and the risks of long-term use.
- **Over** *2*/*3* of those who misuse prescription painkillers report that they received them from a family member or friend.<sup>2</sup>

Sources: 1. Centers for Disease Control and Prevention—"Guidelines for Prescribing Opioids for Chronic Pain"; 2. SAHMSA: 2013 National Survey on Drug Use & Health



### At the doctor's

#### Ask questions...

- What are the *dangers*?
- How long should I take this medication?
- How do I take *less* or *stop* taking this medication?
- Should I be worried about taking it with *alcohol* and other medications?
- Are there *other options?*

### At home

#### Secure...

- Count your pills regularly to make sure none are missing.
- Lock your medications in a safe place, out of sight of visitors and family members.
- Sharing your medication is *dangerous* and illegal.

### When finished

#### Safely dispose...

Dispose of any unused medication at a *Big Green Box*, located at your local police department.





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