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

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COLUMBUS

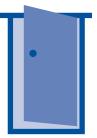
PUBLIC HEALTH





Help for Those Impacted by Opiate Use & Addiction

OPIATE USE
PREVENTION
Community Pocket Card



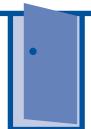






Help for Those Impacted by Opiate Use & Addiction





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, OcyContin), hydrocodone (Vicodin, Lortab, Norco), fentanyl, hydromorphine (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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opiate use and addiction and resources to assist those who are impacted by To provide the public with current information

OUR GOAL:

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

FOR MORE INFORMATION VISIT:

social support

Support Groups: 12-step, peer-driven meetings for combined with counseling

withdrawal symptoms and physical dependence Medical Intervention: Using medications to alleviate ţγeкabλ

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

TREATMENT OPTIONS:

person receiving it.

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

WHAT IS NALOXONE?

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

HOW TO RESPOND TO AN OVERDOSE:

rub the middle of their chest with your knuckles

- No response when you yell the person's name or
- Snoring or gurgling noises while asleep or nodding
 - Slow, erratic, or no pulse
 - Blue lips, fingernails, or toenails
 - Face is pale and clammy
 - Vomiting or no breathing
- Slow breathing (less than I breath every 5 seconds)

SIGNS OF AN OVERDOSE:

called immediately.

An overdose is a medical emergency and 911 should be

HOW TO HELP OTHERS:

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