

Talk to your Doctor

If your doctor intends to prescribe opioids to you or your child, listen carefully and ask questions. Ask whether it is the only option. Ask about alternatives - everything from over-the-counter medications to meditation.

Secure your medications

If the benefits of opioid use outweigh the risks, ask your doctor if you should also have a prescription for Narcan. Secure the medication in a locked cabinet or box – do not store in bathroom medicine cabinet. Consider using a medication inventory sheet to keep track of what you have.

Only take as directed

Only take prescription medications that are prescribed to YOU.

- Do not share or give medicines to anyone else.
- Do not use for other reasons than for what it was prescribed to treat.
- Only take the amount prescribed. Do not adjust the dose unless under the doctor's advice.

If you have left over medication, dispose of it in drug drop boxes.

Do not become an unknowing supplier of drugs to your or other children.

Dispose of Prescription Medications/Syringes

If you have unneeded or expired prescription drugs and/or used syringes, dispose of them properly. In Erie County, you can do this at most police stations and college campuses. Find more locations at thepointny.org.



the POINT → 
Syringe Access; Drug and Syringe Disposal Locator
Find Sharps and Medication Disposal Locations
Identify Places to Obtain Clean Syringes
IN ORDER TO
Prevent Disease Transmission
Keep Our Communities Healthier
thepointny.org 

Get involved

Prevention is the way to a sustainable solution to this crisis. Many Community Coalitions exist across Erie County to unite stakeholders around prevention strategies. Join an existing coalition, or start one in your community. Visit the Western New York Prevention Resource Center at wnyprc.com or call 585-815-1844 to find the coalition nearest you.

Why should I be concerned?

- These substances are highly addictive, even with a doctor's prescription.
- High doses of opioids may cause breathing to slow or stop.
- Controlled substances are dangerous unless used as directed.

What are safer options to treat pain?

- NSAIDs/Ibuprofen, acetaminophen, aspirin
- Physical therapy
- Chiropractic care
- Yoga/Exercise/Massage Therapy
- Acupuncture

Does this affect me?

- Unfortunately, yes. An estimated 251 people in Erie County died of a fatal opioid overdose in 2017.
- These people lived in nearly every city, town, and village in the county.



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www.wsydc.org

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Visit www.wnycdc.com or 211wny.org for a list of resources

Information on prescription opioids used in this brochure was obtained from:

www.cdc.gov/drugoverdose/opioids

What types of opioids are in our community?

Prescription opioids

- These drugs can be prescribed by doctors to treat moderate to severe pain, but can also have serious risks and side effects.
- Common types are oxycodone (OxyContin), hydrocodone (Vicodin), morphine, and methadone.

Fentanyl

- A synthetic opioid pain reliever. It is many times more powerful than other opioids and is approved for treating severe pain, typically advanced cancer pain.
- Illegally made and distributed, fentanyl derivatives have been combined with or sold as heroin in our region.

Heroin

- An illegal opioid. The same effects of prescription opioids and fentanyl can be obtained using heroin.

Can you obtain the same effect from prescription opioids as heroin?

Yes, the part of your brain that is affected by opioids doesn't know the difference between heroin, fentanyl, or prescription types. And not knowing the dose can be fatal.

Who do I call if I, or someone I know, needs help?

In case of an emergency, like a person's breathing has stopped, call 911. In medical emergencies, you are usually protected by the Good Samaritan Law.

Addiction Hotline Crisis Services

(716) 831-7007

24 hour

Support, Link to treatment, Referral

What type of services are available?

- Treatment
 - Inpatient Treatment
 - Residential Treatment
 - Outpatient Treatment
- Medication Assisted Treatment (MAT)
 - Methadone/Suboxone/Vivitrol
- Relapse Prevention Support Groups

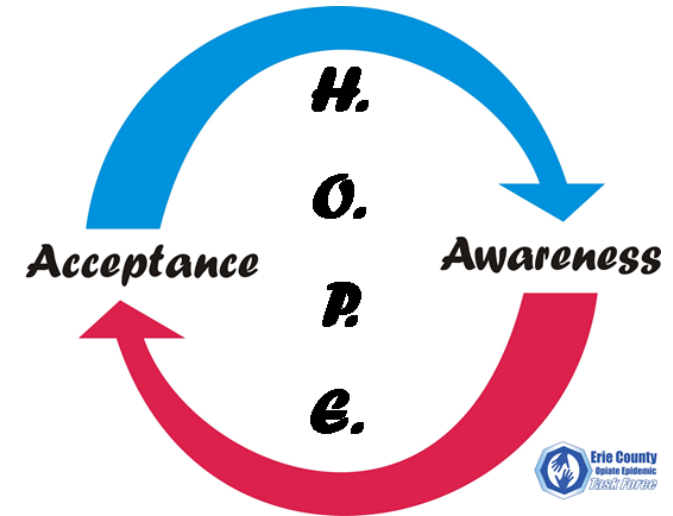
Get NARCAN Trained

Narcan (naloxone) nasal spray can be used to save the life of a person experiencing an opioid overdose. The Erie County Department of Health conducts regular NARCAN/Naloxone trainings that are free and open to the community, no questions asked. Find the next upcoming training at

www2.erie.gov/health.

Or monthly, at the Margaret A. Stutzman Addiction Treatment Ctr, 360 Forest Ave.

Everyone can do something to prevent opioid misuse!



- **Be Informed**
- **Take action at home in your community**
- **Find resources**
- **Communities that treat Substance Use Disorder as a disease are seeing an improvement in treatment, recovery, and saving lives.**

Call 911 in an emergency
Call 211 for services and referrals
Crisis services (716) 831-7007