

# What are Opioids

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others

**“ Dependence on prescription Opioids can happen in just five days. ”**

<https://www.thetruth.com/opioids#facts>



## Alliance for Substance Addiction Prevention

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For more information on our coalition, initiatives, and additional programs, visit our website at:



[EMPOWEREDCOMMUNITIES.ORG/ASAP](http://EMPOWEREDCOMMUNITIES.ORG/ASAP)

## Resources

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Know the risks and alternatives. To learn more, visit:

- <https://www.isavefl.com/>
- <http://211.org/>
- <https://www.cdc.gov/>
- [useonlyasdirected.org](http://useonlyasdirected.org)



# OPIOIDS



## Use Only As Directed

# HAVE THE OPIOID TALK

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Talk to your doctor before taking opioids

- 1 Am I at risk for addiction?
- 2 Will something else work?
- 3 How long will I be taking them?
- 4 Are you prescribing the lowest possible dose?
- 5 What's the plan to take me off?

It's ok to ask questions.  
Know the risks & alternatives.

**“ Prescription pain relievers and heroin are chemically similar and can produce similar effects. ”**

-NIDA, [www.drugabuse.gov](http://www.drugabuse.gov)



## ASK FOR ALTERNATIVES

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Talk to your doctor and ask about safer alternatives to opioids.

- A combination of acetaminophen (Tylenol) and ibuprofen (Advil)
- Naproxen (Aleve)
- Physical Therapy
- Certain medications that are also used for depression and seizures
- Interventional therapies (injections)
- Cognitive Behavioral Therapy
- Acupuncture

For complete listing, visit [http://www.floridahealth.gov/programs-and-services/non-opioid-pain-management/\\_documents/alternatives-facts-11x17-eng.pdf](http://www.floridahealth.gov/programs-and-services/non-opioid-pain-management/_documents/alternatives-facts-11x17-eng.pdf)

# SAFE PRESCRIPTION GUIDELINES

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-  Never take prescription pain medication that is not prescribed to you
-  Never adjust your own doses
-  Never mix with alcohol
-  Taking with other depressants such as sleep aids or anti-anxiety medications can be dangerous
-  Always keep your medications locked in a safe place or use a timer cap
-  Always dispose of any unused or expired medications safely