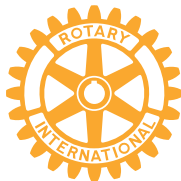


Find out more at <http://rotarydistrict7170.org/page/grant-opioid/>

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*Message provided by a grant from
The Rotary Foundation, Rotary Districts
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All of Us Can Fight

Opioid Abuse

**Start by Educating
Yourself and
Your Family**

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Educating Yourself and Your Family

- 1 Learn about the most commonly misused types of medications — a list is provided here. Share the dangers of these medications often with members of your family.
- 2 Take inventory of medications in your home.
- 3 Ask your healthcare providers if any of your medications have potential for abuse.
- 4 Familiarize yourself with the warning signs of prescription and over-the-counter drug abuse. Warning signs can be behavioral and/or physical.

Reduce Supply to Prevent Harm

- 1 **TAKE INVENTORY**
Find out what drugs you have.
- 2 **LOCK YOUR MEDS**
Secure all medications in lockboxes or by other means.
- 3 **SAFELY DISPOSE OF ALL UNNEEDED OR EXPIRED MEDICATIONS**
Call 2-1-1 for the location of an accessible community disposal event or drop box near you.

Commonly Abused Prescription Drugs

Abuse of prescription drugs can produce serious health effects, including addiction. Commonly abused prescription medications include those that are intended to relieve pain and/or anxiety or to aid sleep.

Opioids:

- Hydrocodone
- Oxycodone
- Oxymorphone
- Meperidone
- Diphenoxylate
- Codeine
- Fentanyl
- Morphine

Depressants:

- Barbiturates
- Benzodiazepines:
- Diazepam
- Alprazolam
- Lorazepam
- Clonazepam

Stimulants:

- Dextroamphetamine
- Methylphenidate
- Amphetamines

Common Brand Names:

- Vicodin®
- Oxycontin®
- Opana®
- Dilaudid®
- Demerol®
- Nembutal®
- Valium®
- Xanax®
- Ativan®
- Klonopin®
- Dexedrin®
- Concerta®
- Adderall®
- Ritalin®

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