



All of Us Can Fight Opioid Abuse

Start by Educating Yourself and Your Family

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

Know what drugs are in your home. Secure or dispose of them.

1 TAKE INVENTORY

Find out what drugs you have.

2 LOCK YOUR MEDS

Secure all medications in lockboxes or by other means.

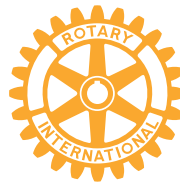
3 SAFELY DISPOSE OF ALL UNNEEDED OR EXPIRED MEDICATIONS

Call 2-1-1 for the location of an accessible community disposal event or drop box near you.

Find out more at

<http://rotarydistrict7170.org/page/grant-opioid/>

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The Rotary Foundation, Rotary Districts
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Canada, India, Mexico and the USA*

Signs & Symptoms of

Opioid Abuse

**The Fight Against
Opioid Abuse Starts
In Your Home!**



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Signs & Symptoms of Opioid Abuse

There are signals the body provides when drugs are inappropriately used — physical appearance, personality, attitude and behavior can be affected. Therefore it is important to pay attention.

Physical Signs

- Loss or increase in appetite; unexplained weight loss or gain
- Small pupils, increased respiratory rate and a non-responsive state
- Nausea, vomiting, sweating, shaky hands, feet or head and large pupils

Behavioral Signs

- Change in attitude/personality
- Change in friends; new hangouts
- Avoiding contact with family
- Change in activities, hobbies or sports
- Drop in work performance or grades
- Isolation and secretive behavior
- Moodiness, irritability,
- Nervousness, giddiness, nodding off
- Wearing long sleeved shirts or layers of clothing out of season
- Stealing

Advanced Warning Signs

- Missing Medications
- Burnt or missing spoons/bottle caps
- Missing shoelaces/belts
- Small bags with powder residue

Take Action!

If you suspect inappropriate use of medications or use of street drugs, it is important to take action.

Prepare Yourself

If or when something suspicious happens, though you may be shocked, don't be judgmental. Don't blame someone else or yourself. Work with what has happened rather than why it happened. There are many innovative ways to conceal use. Don't hesitate to investigate belongings like cell phones, computers, back packs and clothes.

Confront the Issue

A life is at risk, so don't let anger or fear overwhelm your effectiveness in trying to deal with the issue. Cool down before beginning the a conversation.

Have a Conversation

Don't ignore the situation. Accept the fact that the individual may be using. *Don't wait!*

Set Standards

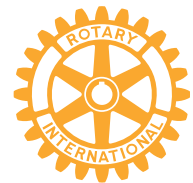
Take a firm stand. Say "**NO**" clearly! Carry through on consequences. Repeat these consequences often!

Get Help!

For services of all types, treatment, advice, counseling etc. call 2-1-1 for local resources near you.



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