



## Prevent Environmental Pollution

Do not flush medications down the toilet, sink, or drain: wastewater treatment facilities cannot completely remove pharmaceutical drugs. Even small concentrations may harm wildlife.

Use safe disposal sites or Rx Take Back Events. Find directions to the location nearest you on our website: [www.pncms.org/rxdrugsafety](http://www.pncms.org/rxdrugsafety)

### Steps to Dispose of Expired or Leftover Medications



1. Lock up prescription medications. Medicine cabinets and pill containers aren't always safe.



2. Keep track of your medications and make sure to take them as directed.



3. Take back used or expired medications to safe disposal locations. Can't find a place? Go to our website for alternatives.

## What is Naloxone (Narcan)?

Another way you can help prevent an overdose is by learning how to administer naloxone. Naloxone is a life-saving drug that reverses an opioid overdose for a short period of time in order for first responders to arrive. You can acquire naloxone (otherwise known as Narcan) at most pharmacies with no prescription. Most insurance plans even cover the cost!

For more information on how to obtain naloxone for yourself or for your organization please visit our website.

**NALOXONE CAN SAVE LIVES; LEARN HOW TO SAVE A LIFE TODAY!**

## CONTACT INFORMATION

Website: [www.pncms.org/rxdrugsafety](http://www.pncms.org/rxdrugsafety)

Email: [tony@scmfoundation.org](mailto:tony@scmfoundation.org)

Phone: 916.258.2302



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Placer-Nevada Prescription  
Drug Safety Coalition

# OPIOID SAFETY

A GUIDE FOR  
PLACER & NEVADA  
COUNTY RESIDENTS



# What are opioids?

We hear about opioids in the news, but do you know what opioids actually are? As your local prescription drug safety coalition, we want to give you some information from professionals about pain killers like

- Morphine
- Oxycodone
- Methadone
- Hydromorphone
- Codeine
- Hydrocodone
- Fentanyl
- Buprenorphine

Along with relieving certain types of pain, opioids are known for many possible side effects: nausea, severe allergic reactions, dependence, and/or overdose. Always talk to your doctor or healthcare professional if you have concerns.

## Opioid misuse and abuse can happen to anyone

The Placer-Nevada Rx Drug Safety Coalition recognizes that it can be hard to understand when you or a loved one is being affected by opioid misuse or abuse. You could be at risk for opioid dependence if you use overlapping prescriptions, have a history of mental illness, use nicotine and/or marijuana products, among other factors. Our coalition is dedicated to helping those affected by the current opioid epidemic by advocating for addiction treatment, safe disposal, and access to naloxone (Narcan).

### Simple Ways to Help

- If you are worried about your own use of opioids, talk with the health care professional who prescribed the medications. If you are worried about a friend or family member, urge them to do the same. Additionally, Placer and Nevada Counties have Medication Assisted Treatment (MAT) options available.
- Ask for the smallest amount of medications needed; get a refill if necessary. Consult with your physician for alternative pain management options.
- Remind yourself and others that it is **illegal** for someone to share, give, or sell prescription drugs to another person!
- Practice safe disposal methods by following the instructions on the back of this brochure.
- Pick up naloxone at your local pharmacy to use in case of an overdose.

### Resources in Your Area

#### Opioid use dependence treatment

Nevada County Services:  
[www.mynevadacounty.com/486/Alcohol-Drug-Services](http://www.mynevadacounty.com/486/Alcohol-Drug-Services)

Placer County Services:  
[www.placer.ca.gov/departments/hhs/adult](http://www.placer.ca.gov/departments/hhs/adult)

**National Treatment Referral Helpline:**  
1-800-662-HELP (4357) or 1-800-487-4889  
(TDD — for hearing impaired)

#### Safe disposal locations

For locations in Placer & Nevada Counties:  
[www.pncms.org/rxdrugsafety](http://www.pncms.org/rxdrugsafety)

For ways to get naloxone, please see the back of the brochure.



## Opioid Overdose

If there are too many opioids in someone's system, respiratory depression can start which can lead to death.

This can happen for several reasons: misunderstanding the directions, accidentally taking an extra dose, using someone else's prescriptions, mixing it with alcohol or certain medications, or deliberately misusing an opioid.

### Signs of an Overdose

- Face is pale and/or clammy
- Body is limp
- Fingernails or lips have turned blue or purple
- Vomiting or making gurgling noises
- Cannot be awakened from sleep or is unable to speak
- Breathing/ heartbeat is very slow or stopped

### If You Suspect an Overdose

**Call 911 immediately** if you or someone you know exhibits any of the symptoms listed above. Give a clear address and/or description of your location and tell the operator that the person is unresponsive and may be suffering from an overdose. *If you have naloxone, administer it.*