

## LOCAL RESOURCES:

**EMERGENCY:** 911

**Hands on Central Ohio:** 211

**Netcare Access:** 614-276-2273

**Opiate Crisis Line:**

(M-F, 9am-5pm)  
614-724-HOPE (4673)

**Naloxone Kit:**

Southeast Medical Services  
614-225-0990

**HIV & Hepatitis C Testing:**

Alcohol & Drug Abuse Program  
(at Columbus Public Health)  
614-645-6893

SafePoint (syringe access)  
614-460-1406

**Additional Support:**

Narcotics Anonymous  
614-252-1700  
Nar-Anon: 614-470-3428

6/2016

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Help for Those Impacted by Opiate Use and Addiction

THE CITY OF COLUMBUS  
ANDREW J. GINTHER, MAYOR  
COLUMBUS PUBLIC HEALTH

**OPIATE USE PREVENTION RESOURCES**  
Community Pocket Card

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**OPIATE USE PREVENTION RESOURCES**  
Community Pocket Card

## WHAT IS ADDICTION?

- **Addiction is a chronic, relapsing brain disease** that is characterized by compulsive drug seeking and use, despite harmful consequences.
- **Drugs change the brain.** These changes can be long-lasting, and can lead to the harmful behaviors seen in people who abuse drugs.

## WHAT ARE OPIOIDS?

- **Opioids are drugs that depress or relax the activity of the nervous system** which decrease feelings of pain.
- **Opioids include drugs** such as heroin, oxycodone (Percocet, Percodan, OxyContin), hydrocodone (Vicodin, Lortab, Norco), fentanyl, hydromorphone (Dilaudid), buprenorphine (Subutex, Suboxone), codeine, methadone, morphine, and tramadol (Ultram).

## HOW DO YOU KNOW WHEN YOU'RE READY TO STOP USING OPIATES?

- Have you ever felt you should cut down your use?
- Have you ever felt guilty or bad about using?
- Have you ever been in trouble with the law, at school or work due to your use?
- Has your drug use caused problems at home with your spouse/partner or family?

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## HOW TO HELP OTHERS:

An overdose is a medical emergency and 911 should be called immediately.

## SIGNS OF AN OVERDOSE:

- Slow breathing (less than 1 breath every 5 seconds)
- or no breathing
- Vomiting
- Face is pale and clammy
- Blue lips, fingernails, or toenails
- Slow, erratic, or no pulse
- Snoring or gurgling noises while asleep or nodding off
- No response when you yell the person's name or rub the middle of their chest with your knuckles

## HOW TO RESPOND TO AN OVERDOSE:

- **Try to wake the person up** by yelling their name and rubbing the middle of their chest with your knuckles.
- **Call 911 and explain** that the person has stopped or is struggling to breathe.
- **Make sure nothing is in the person's mouth** that can block their breathing. If breathing has stopped or is very slow begin rescue breathing.
- **If possible, administer naloxone** (Narcan).

## WHAT IS NALOXONE?

- **Naloxone is a medicine** commonly known as Narcan that can be used to **reverse an overdose** caused by opioid drugs.
- When administered during an overdose, naloxone blocks the effects of opioid on the brain and restores breathing.
- It can be given as an **injection** in a muscle or as a **nasal spray**.
- Naloxone works rapidly and will not harm the person receiving it.

## TREATMENT OPTIONS:

**Inpatient:** Involves length of stay with detox and counseling

**Outpatient Counseling:** Involves individual and group therapy

**Medical Intervention:** Using medications to alleviate withdrawal symptoms and physical dependence

combined with counseling

**Support Groups:** 12-step, peer-driven meetings for social support

## FOR MORE INFORMATION VISIT:

- adamhfranklin.org
- netcareaccess.org
- equitashealth.com
- columbus.gov/harm

To provide the public with current information and resources to assist those who are impacted by

## OUR GOAL:

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