

International Overdose Awareness Day

August 31, 2020

Fentanyl

- ▶ Fentanyl and fentanyl related compounds such as carfentanil and acetyl fentanyl are synthetic opioids
- ▶ It only takes a very small amount of fentanyl or its derivatives- which can be inhaled or absorbed through the skin or mucus membranes (such as being inhaled through the nose or mouth)- to result in severe adverse reactions.
- ▶ Fentanyl is being added into heroin, cocaine, counterfeit pills and other drugs

31 AUGUST
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INTERNATIONAL OVERDOSE
AWARENESS DAY

NO MORE
STIGMA. NO
MORE SHAME.

A Pennington Institute Initiative



Maryland

Overdoses in Carroll County

- ▶ Overdose deaths in Carroll County decreased from 72 in 2018 to 56 in 2019.
- ▶ Go to https://health.maryland.gov/vsa/Documents/Overdose/Annual_2019_Drug_Intox_Report.pdf to read the Annual Report for 2019.

Prescription Drugs

- ▶ Young adults (age 18 to 25) are the biggest abusers of prescription opioid pain relievers, ADHD stimulants, and anti-anxiety drugs.
- ▶ Prescription drugs are misused by:
 - Taking someone else's prescription to self-medicate
 - Taking a prescription medication in a way other than prescribed
 - Taking a medication to get high



Take Action

- ▶ Learn how to reverse an opioid overdose with naloxone: <https://cchd.maryland.gov/behavioral-health/operation-save-a-life-naloxone-training/>
- ▶ Store prescription medications in a locked place and dispose of unneeded or expired medications safely in a secure drop box or drug disposal bag; go to ClearTheCabinet.com for info
- ▶ Know the warning signs of substance abuse, including mood changes, problems at work or school, memory lapses, and slurred speech. Learn more warning signs at <https://drugfree.org/article/look-for-warning-signs/>



Talk To Your Doctor

- ▶ Before being prescribed an opioid, ask your health care provider about non-opioid medications, and ways to relieve pain without medication. If you are unsure if the medication is an opioid, **ask**.
- ▶ If you or a loved one is prescribed an opioid, ask your health care provider to prescribe the lowest dose and smallest amount needed, and give the medication exactly as prescribed and only to the person it was prescribed for.
- ▶ Go to <https://beforeitstoolate.maryland.gov/talktoyourdoctor/> to learn more



Resources

- ▶ Maryland Department of Health Unintentional Drug- and Alcohol-Related Intoxication Deaths in Maryland Annual Report 2019 can be located at: https://health.maryland.gov/vsa/Documents/Overdose/Annual_2019_Drug_Intox_Report.pdf
- ▶ www.clearthecabinet.com/
- ▶ www.itsneverworthit.com/

Opioid Prevention COALITION

The Carroll County Opioid Prevention Coalition is an open, multidisciplinary group that works to prevent opioid misuse and overdose in our community. The next meeting will be held virtually on **Wednesday, September 9th 2019, 9-10:30 a.m.**

For more information, call the
Carroll County Health Department Substance Abuse
Prevention Office at
(410) 876-4449