

TALK TO YOUR DOCTOR

If your doctor intends to prescribe prescription opioids to you or your child, listen carefully and ask questions. Find out if you really need them. Ask about alternatives – everything from over the counter medications to meditation.

If you decide you need them, keep them secure in your home in a locked medicine cabinet. Consider using a medicine cabinet inventory sheet to keep track of what you have.

DISPOSE OF RX DRUGS

If you have unneeded or expired prescription drugs, dispose of them properly. In Erie County, you can do this at most police stations. Find more locations at thepointny.org.

the **POINT** →

Syringe Access; Drug and Syringe Disposal Locator

Find Sharps and Medication Disposal Locations
Identify Places to Obtain Clean Syringes

IN ORDER TO

Prevent Disease Transmission
Keep Our Communities Healthier

thepointny.org



ADVOCATE

Prevention is the one way we will find a sustainable solution to this crisis. Many Community Coalitions exist across Erie County to unite stakeholders around prevention strategies. Join an existing coalition, or start one in your community. Visit the Western New York Prevention Resource Center at wnyprc.com or call 585-815-1844 to find the coalition nearest you.



GET NARCAN TRAINED

The Erie County Department of Health conducts regular NARCAN/Naloxone trainings that are free and open to the community, no questions asked. Find the next upcoming training at www.erie.gov/health.

EVERYONE CAN DO SOMETHING TO HELP END THE OPIATE EPIDEMIC

- Get Informed
- Take action at home and in community
- Find resources
- Get loved ones, neighbors, and friends the help they need



Call **911** in an emergency
Call **(716) 831-7007** for services

WHAT ARE OPIOIDS?

Opioids are a class of drugs used to reduce pain. Opioid alternatives include:

- NSAIDs/Ibuprofen
- Physical Therapy
- Chiropractic Care
- Yoga/Exercise

WHAT TYPES OF OPIOIDS ARE IN OUR COMMUNITY?

Prescription opioids

These drugs can be prescribed by doctors to treat moderate to severe pain, but can also have serious risks and side effects.

Common types are oxycodone (OxyContin), hydrocodone (Vicodin), morphine, and methadone.

Fentanyl

Fentanyl is a synthetic opioid pain reliever. It is many times more powerful than other opioids and is approved for treating severe pain, typically advanced cancer pain. Illegally made and distributed, fentanyl has been combined with or sold as heroin in our region.

Heroin

Heroin is an illegal opioid. The same effects of prescription opioids and fentanyl can be obtained through use of heroin.

WHY SHOULD I BE CONCERNED?

These substances are highly addictive. With use, even with a doctor's prescription, everyone has the potential to get addicted.

CAN YOU OBTAIN THE SAME EFFECT FROM PRESCRIPTION OPIOIDS AS HEROIN?

Yes, the parts of your brain that is affected by opioids are affected by heroin. They can be used interchangeably.

IS MY CITY, TOWN, VILLAGE, OR SCHOOL DISTRICT AFFECTED BY THIS ISSUE?

Unfortunately, yes. A total of 256 people in Erie County died of a fatal opioid overdose in 2015. These people lived in nearly every local government jurisdiction in the county.

Brochure created in 2016 by the Erie County Opiate Epidemic Task Force.

Information on prescription opioids used in this brochure was obtained from www.cdc.gov/drugoverdose/opioids

WHO DO I CALL IF I, OR SOMEONE ELSE I KNOW, NEED HELP?

In case of an emergency related to opioid overdose, call 911. In medical emergencies, you are protected by the Good Samaritan Law and will not be prosecuted for possible criminal actions.

WHAT TYPES OF SERVICES ARE AVAILABLE?

- Treatment
- (Detox, Inpatient Treatment, Outpatient Treatment)
- Maintenance
- (Methadone/Suboxone)
- Relapse Prevention
- Support Groups
- Prevention

Addictions hotline

(716) 831-7007

24 hour

Support · Link to treatment · Referral

For More information on the Opiate Epidemic Task Force, contact the Erie County Department of Health at opiatetaskforce@erie.gov.