





1 in 4




people receiving
long-term opioid therapy

STRUGGLES WITH ADDICTION

Prescription opioid addiction A GROWING EPIDEMIC...

-  Opioids work by blocking the feeling of pain without fixing the underlying cause.
-  Prescription opioids may be habit forming and lead to addiction even when taken as prescribed.
-  Patients taking prescription opioids are also at risk for impaired breathing, unintentional overdose or death.
-  Caution when taking prescription opioids with:
 - alcohol
 - benzodiazepines (ex. Xanax®, Valium®)
 - muscle relaxers (ex. Soma®, Flexeril®)
 - hypnotics (ex. Ambien®, Lunesta®)

KEEP YOURSELF AND YOUR LOVED ONES SAFE:

-  **1 Lock**
Keep medication out of sight and in a safe and secure place.
-  **2 Monitor**
Keep track of medication and take only as directed.
-  **3 Take Back**
Drop off unused medication at local Take Back locations.
To find a location near you, go to www.takeback.nd.gov.



Developed in partnership with the ND
Board of Pharmacy and ND
Pharmacist Association

For more information, go to:
prevention.nd.gov/takeback

IF YOU ARE CONCERNED:

- Talk to your pharmacist or practitioner about **naloxone**, a treatment to reverse overdose.
- Follow-up with your practitioner
- Find behavioral health treatment providers at www.findtreatment.samhsa.gov.