



“Addiction is a brain disease that touches families across America—even my own. We must all work together to address it with science, urgency, and compassion. Recovery is possible.”

–Jerome M. Adams, MD, MPH,
VADM, USPHS
20th Surgeon General
of the United States

WHAT CAN YOU DO TO PREVENT OPIOID MISUSE?



TALK ABOUT IT.

Opioids can be addictive and dangerous. We all should have a conversation about preventing drug misuse and overdose.



BE SAFE.

Only take opioid medications as prescribed. Always store in a secure place. Dispose of unused medication properly.



UNDERSTAND PAIN.

Treatments other than opioids are effective in managing pain and may have less risk for harm. Talk with your healthcare provider about an individualized plan that is right for your pain.



KNOW ADDICTION.

Addiction is a chronic disease that changes the brain and alters decision-making. With the right treatment and supports, people do recover. There is hope.



BE PREPARED.

Many opioid overdose deaths occur at home. Having naloxone, an opioid overdose reversing drug, could mean saving a life. Know where to get it and how to use it.



**For help, resources,
and information:**

<https://www.hhs.gov/opioids/>

1-800-662-HELP (4357)

