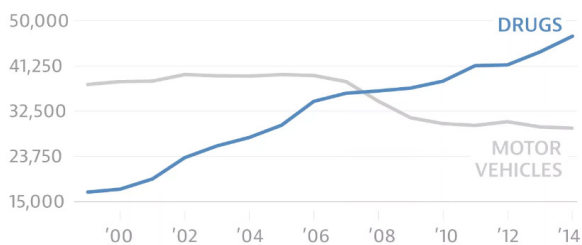


# WHAT IS THE OPIOID EPIDEMIC?

- Opioids include heroin, fentanyl, morphine, and prescription painkillers like OxyContin, Percocet, Vicodin, or Codeine.
- The opioid epidemic has been called the worst drug crisis in American history.
- Overdoses from heroin and other opioids now kill more than 27,000 people a year.
- The epidemic happened over the course of more than a decade.
- The epidemic destroys lives across the nation, regardless of age, race, wealth, or location.

## DRUGS\* NOW KILL MORE AMERICANS THAN CARS

Drug Overdose & Motor Vehicle Accident Deaths



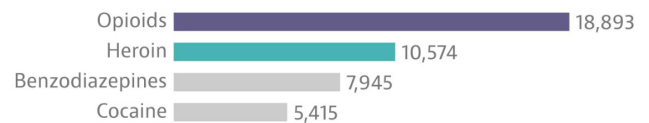
\*includes opioid and non-opioid drug deaths

Data: CDC

## COCAINE IS NO LONGER THE LEADING KILLER

The majority of overdoses now stem from prescription opioids and heroin.

Drug Overdose Deaths in 2014



Data: CDC

## OPIOID PRESCRIPTIONS TRIPLED OVER 20 YEARS

- One factor behind the surge in heroin and opioid use is the dramatic spike in the use of prescription painkillers.
- Heroin is cheaper, more potent, and often easier to acquire than prescription painkillers.

## NEARLY EVERYONE AFFECTED, REGARDLESS OF RACE

- Every racial demographic has seen more overdoses since 1999, with heroin spiking especially after 2010.
- Whites and Native Americans are dying at double or triple the rates of African-Americans and Latinos.

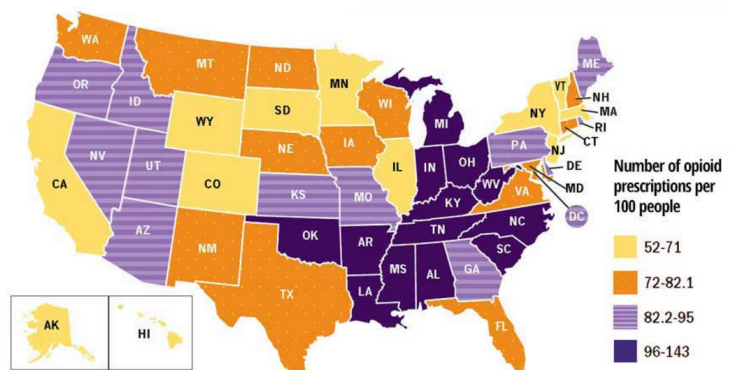
## HEROIN DEATHS SKEW YOUNGER. OPIOID DEATHS COME LATER.

- Every age group has been touched by the opioid epidemic.
- The highest rate of heroin deaths occurred in 25- to 34-year-olds.
- Fatal opioid overdoses from prescription painkillers are more likely to happen in 45- to 54-year-olds.

## STATES WITH MORE OPIOID PRESCRIPTIONS THAN PEOPLE:

- Alabama: 142.9\*
- Tennessee: 142.8\*
- West Virginia: 137.6\*
- Kentucky: 128.4\*
- Oklahoma: 127.8\*
- Mississippi: 120.3\*
- Louisiana: 118\*
- Arkansas: 115.8\*
- Indiana: 109.1\*
- Michigan: 107\*
- South Carolina: 101.8\*
- Ohio: 100.1\*

\*per 100 people



SOURCE: IMS, National Prescription Audit (NPA™), 2012.

# OPIOID EPIDEMIC: GETTING HELP

## OPIOID OVERDOSE

Opioid overdose happens when a person takes too much of an opioid (heroin, morphine, methadone, oxycodone) by itself or with other drugs like alcohol or benzos. How much is “too much” depends on the person and can change over time. Most overdose deaths happen when mixing opioids and other drugs.

## OVERDOSE SIGNS

- Loud snoring
- Lips or fingertips turning blue
- Pale/Grayish skin
- Unresponsiveness
- Limp body
- Shallow, slow, or stopped breathing
- Slow or stopped heartbeat

## NALOXONE (AKA NARCAN SPRAY)

Naloxone is a prescription medicine that safely and effectively reverses an opioid overdose. It is not addictive. Doctors and paramedics have used it for decades. Naloxone can be injected into a muscle or vein or sprayed up the nose.

The Maryland Overdose Response Program (ORP) offers in-person, hands-on training and certification in recognizing and responding to opioid overdose with naloxone. Most ORP trainings are free. Once you have been trained, you can get naloxone from any provider or at a pharmacy without a prescription.



To sign up for an ORP Naloxone Training, visit <http://bha.dhmh.maryland.gov/NALOXONE>

## KNOW YOUR RIGHTS: MARYLAND'S “GOOD SAMARITAN” LAWS PROTECT YOU!

If you seek help for someone having an overdose, neither you nor the person needing help can be arrested, charged, prosecuted, or have your parole or probation status violated for illegally:

- Possessing drugs or drug paraphernalia
- Providing alcohol to minors

If sued, you can't be held liable for a good faith attempt to help someone.

## DON'T RUN, CALL 911!

**CRISIS HOTLINE: 1-800-422-0009**

**QUESTIONS? 410-402-8574**

**DHMH.NALOXONE@MARYLAND.GOV**

