

4 out of 5 people who use
heroin first misused
prescription opioids



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More than 13% of Dorchester County high school students have tried heroin at least once



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Using a prescription drug not
prescribed to you or differently
than prescribed is misuse



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**53% of people misusing
prescription pain meds get
them from friends or family**



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**Talk with your kids about
misusing prescription painkillers:
Your voice matters to your children**



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Lock up your prescription meds: Secure storage helps prevent misuse and abuse



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Got old or unused meds?

**Take them to a 24-hour drop box at
any law enforcement agency**

No questions asked



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If your child gets painkillers after
an injury or dental procedure,
control and monitor the pills



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Some signs of an overdose include difficulty breathing, clammy skin, blue lips and fingers, limp body, and vomiting



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Anyone can learn how to respond to an
opioid overdose using naloxone (Narcan)
a life-saving medicine:

Call 410-228-7714 for information on free training



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The Good Samaritan Law protects people who help with an overdose from arrest and prosecution of certain crimes



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You can become dependent on prescription pain meds at recommended doses



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17.5% of Dorchester County high school and 7.3% of middle school students have misused prescription opioids



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Some signs of opioid abuse include
pinpoint pupils, slurred speech, difficulty
breathing, confusion, nausea, itching or
flushed skin, and nodding off



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Feeling connected to family,
school, and community protect
young people from risky behaviors



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NO ONE wants to be an addict
NO ONE wants to lose everything they
have worked for or
the people they love



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**You don't have to do it alone, help is
available: Call 410-228-7714
After-hours and Weekends
Call 1-888-407-8018**



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If your physician suggest opioids,
discuss the risks and ask if there is
non-addictive alternative



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Prescription painkillers are in the same class of drugs as heroin



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**12-step help groups like
Narcotics Anonymous & Alcoholics
Anonymous are free and they work**



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If you have questions about finding
substance use disorder treatment,
text “IWIK” (I wish I knew) to
71441



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Nearly 14% of Dorchester County middle and high school students think there is no risk of harming themselves if they use prescription drugs that are not prescribed to them



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**41% of Dorchester County youth
think parents have favorable
attitudes toward substance use**



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Past misuse of prescription opioids is the strongest risk factor for starting heroin use



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**Fentanyl is a man-made drug that
is very deadly and is being mixed
with other drugs, like
heroin and cocaine**



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Substance use disorder is a chronic brain disease, meaning it is long-lasting and changes the way the brain works



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Americans are more likely to die from an opioid overdose than a motor vehicle crash



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Every day, about 3,400 adults aged
26 or older misuse a prescription
pain reliever for the first time



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**2,385 Marylanders died from
alcohol and drugs in 2018. Nearly
89% of those deaths
were from opioids**



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**784 Marylanders died from cocaine
in 2018. Nearly 89% of those
deaths were in combination with
fentanyl**



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