

**In 2023, Dorchester County
had 91 opioid overdoses, 11 of
which were fatal.**



**To learn more and get engaged visit:
Dorchestergoespurple.org**



Help is Available
Call Dorchester County Health Department
410-228-7714
After Hours Call Eastern Shore Crisis Response Services
888-407-8018
In crisis: Call or text 988

**You don't have to do it alone.
Treatment is available: Call
410-228-7714. In crisis: Call
or text 988.**



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**Visit iwishiknewmidshore.org
to find treatment and
recovery resources that are
right for you.**



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



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**29% of Mid-Shore residents
misusing opioids got them from
family or friends for free. Another
22% got them from family or friends
without asking.**

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**Talk with your kids about
misusing prescription pain
medicine. Your voice matters to
your children.**



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**Feeling connected to family,
school, church, and community
members can protect young
people from risky behaviors.**



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**Middle and high school students can
join the Youth Action Council to
become positive peer influencers in
their community. Visit
dorchesterhealth.org to learn more.**



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**Lock up and monitor your
prescription medicine.
Safe storage helps prevent
misuse.**



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**8.5 million people misused
prescription pain relievers
compared to 1.0 million people
who used heroin.**



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Peer Support Specialists have lived experience with substance use disorder and offer support to individuals using substances or in recovery. To speak with a Peer: Call DRI-Dock at 410-228-3230.



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**Got old or unused medicine?
Take it to a 24-hour drop box
at any law enforcement
agency, no questions asked.**



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Deterra bags are available at your local health department for your at-home medication disposal needs. For more information, call 410-228-3223.



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



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**If your child is prescribed medicine
for pain, an injury, or a medical or
dental procedure, control and
monitor the pills.**



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Take time to care for your mental wellbeing. About half of those who experience a mental illness during their lives will also experience a substance use disorder.



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**8.9 million people aged
12 and older misused
opioids in 2022.**



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



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**If your healthcare provider
suggests opioids, ask about the
risks and if there is non-addictive
alternative.**



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Prescription opioid use is a risk factor for starting heroin use. Visit iwishiknewmidshore.org to learn the risk factors of opioid dependence.



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**Fentanyl is a deadly, man-made
drug being mixed with other
drugs.**



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Opioids are highly addictive. If you use opioids regularly, including opioid prescription medications at prescribed doses, you may become dependent on them.



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Substance use disorder is a chronic brain disease that is long-lasting and changes the way the brain works.



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**An individual is more likely
to die from an accidental
opioid overdose than in a
motor vehicle crash.**



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**Substance misuse does not
discriminate against age,
race, gender, or economic
status.**



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16% of Dorchester County high school students have misused prescription pain medicine.



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**Combining opioids with
alcohol and other drugs
increases your chances of
death.**



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7% of Dorchester County high school students have used heroin.



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**Anyone can learn how to respond
to an opioid overdose using
naloxone (Narcan), a life-saving
medicine. Call 410-228-3230 for
information on free training.**

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