

**In 2024, Dorchester County
had 45 opioid overdoses, 9 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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Prevention begins at home. Start the conversation about the dangers of 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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Storing medications properly can prevent them from getting into the wrong hands. Keep all medicine up and out of children's reach. A lock box is the safest option for opioid medications.



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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 across the Mid Shore, no questions asked.



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Rx disposal methods are available at your local health department for you to use at-home on any unused or expired medications. 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. If you suspect an overdose, call 911 and administer Narcan if available.



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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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7.6 million people aged 12 and older misused opioids in 2024.



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**In 2024, 42% of people who
misused prescription pain
relievers acquired them
through a friend or relative.**



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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. It is odorless, tasteless, and often invisible to the naked eye.



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**Opioids are highly addictive.
Even at prescribed doses, you
can 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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13% 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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5% of Dorchester County high school students have used heroin.



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**Anyone can save a life. Call
410-228-3230 for information
on free Naloxone (Narcan)
training.**



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