



IMPACT Pender **Opioid Overdose Toolkit**

From the
Health
Director.

**“We need to get more
opioid education into
our rural communities
because these
overdoses keep
happening; it is a
public health crisis.”**

Carolyn Moser

Pender County Director of Health & Human Services

OPIOID FACTS

- Opioids are a pain medicine made from the poppy plant.
- The inside of the plant has a milky sap that is dried to get heroin.
- The first opioid was discovered in China over 5,400 years ago.
- Doctors once prescribed heroin during the Civil War.

Fast Fact:

Did you know that most childhood poisoning deaths are from swallowing opioid pills?

01

When do doctors prescribe opioids?

- After surgery to help you heal
- If you have a broken bone
- If you have pain that will not go away
- If you have cancer pain

02

What kinds of opioids?

- Oxycodone
- Percocet[®]
- Vicodin[®]
- Hydrocodone
- Tramadol
- Codeine

03

How do opioids work?

- They work in the brain to stop you from feeling pain.

04

Are they safe to take?

- Yes, as long as they are prescribed by your doctor and only used for a few days at a time.

05

How should I store opioids at home?

- Opioids should be kept in the medicine bottle and locked inside a cabinet or drawer.

06

Where can I take old pill bottles I don't need anymore?

Most drug stores have a special container where you can throw old medicine away.

DANGERS OF STREET DRUGS

QUESTIONS AND ANSWERS

01

Are dealers putting fentanyl into street drugs?

- Yes, they are adding it to cocaine, heroin, marijuana, and meth.

02

How dangerous is fentanyl?

- This much can kill you.



03

How do I know if there is any fentanyl in what I buy?

You can use fentanyl test strips to make sure.

04

What about pills?

- Drug dealers are making fake pills with fentanyl to look like oxycodone, Adderall®, and Xanax®.





OVERDOSE

QUESTIONS AND ANSWERS



Fast Fact:
Did you know in Pender County that drug overdose deaths increased by 50% between 2020 and 2021?

What is an overdose?



When someone takes too much opioid medicine

What does it look like?



1. **People don't open their eyes when you call them.**
2. **They won't wake up when you shake them.**
3. **Their skin may feel cool.**
4. **Their lips may have a blue color.**
5. **They could sound like they are snoring.**
6. **They are not breathing at all.**

What can I do to help?



Call 911 and find some Narcan®.

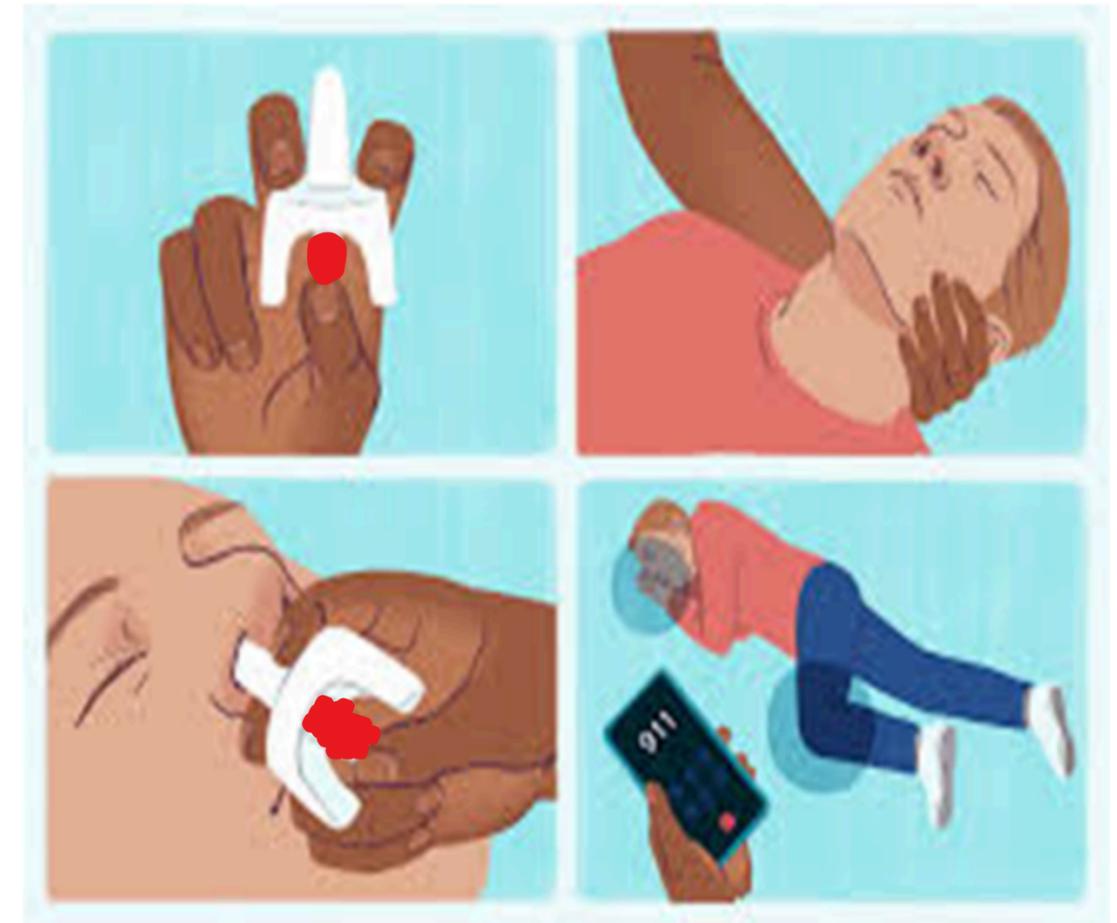


Treating an Overdose

If you have Narcan[®] (naloxone) nose spray.

- 1. Lay the person on their back with their face up.**
- 2. Open the plastic package and take out the Narcan[®] spray.**
- 3. Hold the spray with your thumb on the red plunger.**
- 4. Put the white nozzle into their nose.**
- 5. Press the red plunger firmly to release the spray.**
- 6. Turn the person onto their side like in the picture.**
- 7. Watch for them to start breathing again.**
- 8. If they don't start breathing, use a new dose of Narcan[®].**

Stay with the person until EMS arrives.



MEDICATION-ASSISTED TREATMENT (MAT)

QUESTIONS AND ANSWERS

01

Can a doctor help me if I need to stop taking opioids?

- Yes, but only if they have special training.

02

What kinds of medicine are there?

- Methadone
- Suboxone[®]
- Subutex[®]
- Naltrexone

03

How does the medicine work?

- These medicines take the place of opioids and help you quit.
- They also take away pain like opioids but don't give you a high.

04

What if I take an opioid while on these meds?

- You will go into withdrawal and feel really bad.

05

What else can I do to help?

- Talking to a counselor or group of people in the program helps you feel better faster.



PENDER COUNTY RESOURCES



Coastal Horizons Center

7876 US Highway 117 S # A Rocky Point, NC 28457

Phone (910) 259-0668

Services: Free Narcan, harm reduction supplies, substance abuse counseling

<https://coastalhorizons.org/>

Opioid Treatment Program

Medical Pavilion, 7910 US 117 S Suite 115, Rocky Point, NC 28457

Phone: (910) 623-1096

Services: outpatient treatment and rehabilitation

Pender County Health Department

803 S. Walker Street, Burgaw, NC 28425

Phone: (910) 259-1230

Services: immunizations, health clinic

<https://www.pendercountync.gov/196/Health-Department>

Rocky Point Pavilion Pharmacy

7910 US Hwy 117, Suite 110, Rocky Point, NC 28457

Phone: (910) 210-2030

Services: syringe exchange/harm reduction kits

<https://rockypointrx.com/>



STATE & NATIONAL RESOURCES



Suicide & Crisis Lifeline Call or text 988

Speak to a counselor if you or someone you know is struggling with addiction.

<https://988lifeline.org/>

NC Harm Reduction Coalition

4024 Barrett Drive, Suite 101, Raleigh, NC 27609

<https://www.nchrc.org/>

SAMHSA

National Helpline: 1-800-662-HELP (4357)

<https://findtreatment.gov/>

CDC Rx Awareness

Learn more about opioids and overdose.

<https://www.cdc.gov/rx-awareness/index.html>

TEST YOUR KNOWLEDGE ABOUT OPIOID OVERDOSE



CAN YOU GET THE HIGHEST SCORE?

CLICK HERE.

References

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Note: The stunning cover page image was created and approved for release by graphic designer Samantha Lowe of Redbird Designs redbirddesign25@gmail.com