

## 2023 Opioid Awareness Poster Contest Message Ideas

1. Overdoses are the leading cause of accidental deaths in the USA. There were over 107,000 deaths in 2021. (CDC)
2. Dispose of your unused &/or expired meds by taking them to the QAC Sheriff's Office 7 days a week.
3. Most people who use heroin in the 2000's started with recreational use of prescription painkillers. (NIDA) Lock up your meds so no one can take them.
4. Most people misusing prescription painkillers get them from friends or relatives. (NIH) Lock up your medications, and take unused or expired meds to the QAC Sheriff's Office. 24/7 - NO QUESTIONS ASKED!
5. Synthetic opioids such as fentanyl are the #1 killer in the opioid epidemic. (JAMA)
6. Lock up your meds because teens say they can easily get prescription painkillers from anyone's medicine cabinet. (SAMHSA)
7. Prescription painkillers are in the same class of drugs as heroin. (DEA)
8. Opioids affect your brain. (Talk They Hear You) Know the facts before you make choices!
9. Opioids affect your body. (Talk They Hear You) Know the facts before you make choices!
10. Opioids are addictive. (Talk They Hear You)
11. Opioids can kill you. (Talk They Hear You)
12. Opioid addiction is treatable. (Talk They Hear You) There is help! Call the Eastern Shore Crisis Center 888-407-8018!
13. Parents and caregivers have a significant influence on their children's decision about using alcohol and other drugs. (SAMHSA) Talk to us and continue to talk to us!
14. Start talking early to your kids about alcohol and other drugs. (SAMHSA) We listen more than you think!
15. Have regular conversations with your children about alcohol and other drugs. (SAMHSA) We listen to more than you think!
16. There is help! National Suicide (mental health) and Drug (substance use) Crisis hotline dial 988. (SAMHSA)

17. Only two salt-sized grains of fentanyl can kill someone — it's 50 to 100 times stronger than heroin. (DEA) Make the choice to be Substance FREE!
18. Got old meds? Take them to the QAC Sheriff's Office.
19. Help save lives – lock up your prescription medications. #QACgoespurple
20. Have the “new conversation” – talk with your kids about the dangers of misusing prescription painkillers. #QACgoespurple
21. The fastest growing drug problem among teens in the US during 2022 is prescription drugs. (SAMHSA)
22. Adolescents whose parents' express disapproval of drug use are less likely to misuse prescription drugs. Talk to us, we listen more than you think!
23. Children who have a family member with an opioid substance use disorder have a greater risk of misusing opioids. (NIH - The Impact of the opioid epidemic on children and adolescents.)
24. In 2022, an estimated 5% of 12th graders in the US report using any prescription drug in the past 12 months. (NIDA/NIH)
25. The signs and symptoms of abuse are essentially the same for prescription painkillers and heroin.
26. If your child gets painkillers after an injury, ask the doctor for an alternative to opioids.
27. Prescription painkiller dependency can happen at recommended doses.
28. In 2022, one in 8 children ages 17 or younger live with at least 1 parent who has a substance use disorder. (National Center on Substance Abuse and Child Welfare)
29. The more often children eat dinner with their families, the less likely they are to use tobacco, alcohol or other drugs. (CASA Columbia)
30. The Good Samaritan Law protects people who help someone who has overdosed from an arrest and prosecution for certain crimes. #QACgoespurple
31. Sharing prescription painkillers is illegal and is just like selling heroin. #QACGoesPurple
32. Fentanyl is a powerful synthetic opioid. It is 50 to 100 times more potent than heroin. Make the right choice - STAY SUBSTANCE FREE! #QACgoespurple

33. Someone addicted to opioids painkillers is 40 times more likely to develop an addiction to heroin. (CDC)
34. Opioids include prescription painkillers like Vicodin, synthetics like Fentanyl and heroin. #QACgoespurple
35. Opioid misuse disorder is a chronic relapsing brain disease. #QACgoespurple
36. Narcan (naloxone) is FDA – approved for the emergency treatment of a known or suspected opioid overdose. The QAC Health Department offers FREE NARCAN. Have it, carry it, use it if necessary! #QACgoespurple
37. Anyone can get Narcan at a Maryland pharmacy without a prescription. #QACgoespurple
38. If you suspect an overdose, call 911 before administering Narcan AND stay with the person until EMS arrives! #QACgoespurple
39. Twelve-step self-help groups (Alcoholics Anonymous and Narcotics Anonymous) are free, and they work. #QACgoespurple
40. Vivitrol, a prescription medicine given by monthly shot, can help prevent an opioid / heroin relapse when used with counseling. #QACgoespurple
41. The QAC Health Department’s Addictions Program can provide referrals to treatment, help and support for those who want to stop using opioids. #QACgoespurple
42. The documentary “Dope Sick” shows the role that Purdue Pharma and the Sackler’s family had in the opioid epidemic. It is a must see!