



Stay RxOpioid Safe

Drug overdoses cause more deaths than traffic accidents. Every overdose is preventable.

In just one year, over 24 million opioid pills were prescribed and filled by San Mateo County residents. That's 43 pills for every resident over 18. While not as dire as many other communities, **it's up to all of us to prevent opioid dependency and deaths.**



KNOW THE RISKS

Opioids are prescription pain medications that can be dangerous and cause dependence, even for people who have not history of substance use disorder. Do not start taking opioids unless you have a plan to stop. Dependency can start in as little as one week.



TALK WITH YOUR DOCTOR

Just because a doctor prescribes a drug does not mean you are safe. Ask your prescriber about alternative pain treatments. Tell your doctor if you have any history of addiction before taking a prescription.



MAKE IT SAFE AT HOME

Do not share medication with others. Safe storage and disposal of medicines can help keep everyone safe. Most teens who misuse opioids get pills from relatives. All unused medicine can be returned at Drug Take Back locations for safe disposal.



CALL 1-800-686-0101

If you or someone you know are taking opioids and think you may be dependent on them, talk to your doctor or call San Mateo County Behavioral Health & Recovery Services:
1-800-686-0101.



FIND MORE INFO

www.smchealth.org/Opioid-Safe