

## SAVE A LIFE.

Encourage your friends,  
loved ones to stop using  
and seek help.



**CONTACT US**

**SAMHSA**

Substance Abuse and Mental Health  
Services Administration

SCAN ME



### SAMHSA Helpline

24/7 FREE Confidential Help  
English and Spanish

Call: 1-800-662-4357

TTY: 1-800-487-4889

Visit [samhsa.gov](http://samhsa.gov)



SCAN TO CHAT

### County of San Diego Health and Human Services Agency

Access and Crisis Line at

Call: 888-724-7240 (TTY: 711)

**CALL 211**

(select 3 for Health Needs)



**OPSAM HEALTH**

Caring for the Community Since 1973

SCAN ME



### OPSAM Health

1428 Highland Avenue  
National City, CA 91950

Monday to Friday  
8:00am to 5:00pm

Call: (209) 683 5853

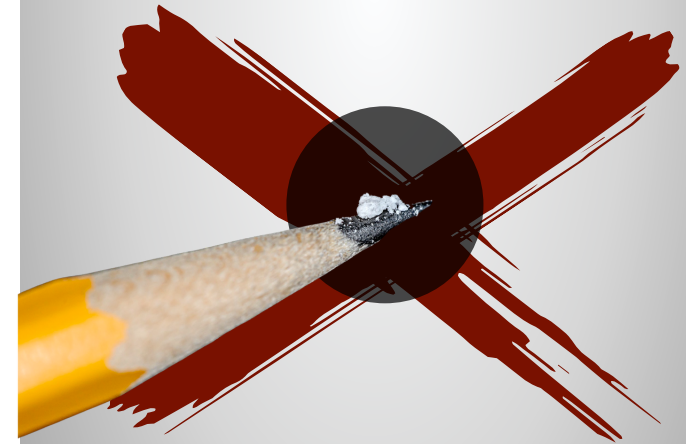
Visit [opsam.org](http://opsam.org)

#### References:

- Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. <https://www.cdc.gov/opioids/index.html>
- SAMHSA. Key Substance Use and Mental Health Services Administration. <https://www.samhsa.gov>
- Addiction Resource, <https://addictionresource.com>
- National Institutes of Health. <https://www.nihlibrary.nih.gov/resources/subject-guides/opioids/street-commercial-names>
- American Addiction Centers. [DrugAbuse.com](http://DrugAbuse.com)



# OPIOIDS KNOW THE FACTS



It only takes a little  
**TO LOSE A LOT**

**CHOOSE LIFE, NOT DRUGS**

# What are opioids?

Opioids are a group of drugs that includes illegal substances like heroin and prescription pain relievers like oxycodone, hydrocodone, codeine, morphine, and fentanyl.

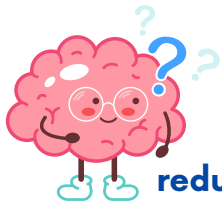
## THE FACTS ABOUT FENTANYL

Fentanyl is a synthetic opioid that is up to

**50x**  
stronger than  
heroin

**100x**  
stronger than  
morphine

[www.cdc.gov](http://www.cdc.gov)



Opioids can affect your brain and spinal cord to reduce the intensity of pain, control areas that regulate emotions, and cause euphoria or "High". They can be dangerous when misuse.

Opioids slow down the actions of the body, such as breathing and heartbeat. Using too much can slow or stop breathing, which can lead to death.



Opioids, like heroin, are highly addicting.

Addiction means it is very difficult to stop ..even if you want to.



More people struggle with addiction to prescription pain relievers. Many young people who are heroin users started with misuse of prescription opioids.

## FACT

### "It's a Disease"

Whether opioids are prescribed by a doctor or acquired legally, they can cause serious changes to the brain and body.



# Know the Signs

How will you know if someone or your loved one is misusing opioids?

- Feeling of "High", pleasure
- Weight loss or weight gain
- Itchy skin, scabs, clammy skin
- Quick, involuntary muscle jerks
- Intense flu-like symptoms (nausea, vomiting, shaky hands, feet, head)
- Dilated or constricted pupils
- Drowsiness, sleepiness, nodding off
- Non responsiveness, deep sleep
- Slowed breathing, loud snoring, hypoxia

**RECOVER**  
is POSSIBLE

**SPREAD THE WORD** about opioid misuse, you don't know whose life you are going to save.

**SEEK HELP** If you or someone close to you needs help for a substance use disorder, talk to your doctor, your loved ones, and seek support from the community.