

WHAT DO YOU KNOW ABOUT OPIOIDS?

EAU CLAIRE COUNTY



Program supported by the Eau Claire City-County Health Department

LET'S TALK ABOUT OPIOIDS

1 OVERVIEW

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- Define opioids
- Understand the recent history of opioids
- Identify the difference between legal and illegal opioids
- Understand the use of opioids in Eau Claire County

2 SAFETY

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- Understand how to safely store opioid medication
- Understand how to safely dispose of unused medicine
- Learn actions that can be taken to reduce the harm of opioid use

3 OVERDOSE

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- Recognize the signs and symptoms of an opioid overdose
- Understand what to do if someone is experiencing an overdose

WHY ARE WE TALKING ABOUT OPIOIDS?

According to the Eau Claire County Community Health Assessment, one of the top health issues that needs to be addressed in the county is Drug Use. Specifically, the availability of drugs in the community, treatment options, and how drug use affects overall health.

WHAT DO YOU KNOW ABOUT OPIOIDS AND OPIOID USE IN EAU CLAIRE COUNTY?

SECTION 1

OVERVIEW



WHAT ARE OPIOIDS?

- Opioids range from prescription medication to illegal drugs such as heroin and fentanyl.
- Doctor's prescriptions are required to get opioid medicine.
 - Commonly prescribed by a doctor after surgery or to treat chronic pain.
- Opioids work in the brain to stop pain.
- If opioids are taken long enough, two things can happen:
 - **Tolerance** – Needing a larger dose (more opioids) to help manage pain.
 - **Dependence** – The body gets used to having the opioid. If you suddenly stop, you can have nausea, vomiting, diarrhea, and severe stomach pain.
- **All opioids are addictive.** Opioid addiction is a brain disease. It is not a choice or moral failing. Opioids, like Vicodin and heroin, change the way our brains work and how we think. Someone experiencing an addiction might not be able to recognize how opioid use is impacting their life. However, recovery from addiction is possible.

⚠️ USING OPIOID MEDICINE SAFELY

Sometimes a doctor may choose a prescription opioid as the best medicine. That is ok! It is important to take opioid medicine in the way the doctor or pharmacist says to take it. Remember, medicine might not make all the pain go away. Ask questions if you are unsure about anything.

THINGS TO KEEP IN MIND WHEN TAKING OPIOID MEDICINE:

- Always measure the medicine using the measuring device from the pharmacy. Do not use any spoons from your drawer because that may not be the right measurement.
- Never cut opioid patches into pieces. Get rid of patches when you are done using them to prevent children and pets from getting the medicine.
- Talk to your doctor or pharmacist about herbals, plants, and other home remedies you are taking to reduce the risk of drug interactions.



EXAMPLES OF PRESCRIPTION OPIOIDS

- Codeine
- **Fentanyl** (Duragesic[®])
- Hydrocodone (Vicodin[®], Lortab[®], Lorcet[®])
- Methadone (Dolophine[®])
- Morphine (Kadian[®], Avinza[®], MS Contin[®])
- Oxycodone (OxyContin[®], Percodan[®], Percocet[®])
- Tramadol (Ultram[®])

NOTES



VICODIN, HEROIN, AND FENTANYL ARE ALL OPIOIDS?

Learn more about opioids by watching our short videos available in English, Spanish, and Hmong at www.GetInvolvedASAP.org

⚠ FENTANYL

Fentanyl is a powerful opioid medicine made to treat severe pain. Fentanyl is also used illegally and often mixed with heroin which increases the risk of an overdose.

HISTORY: MOST RECENT WAVES OF OPIOID USE.

1999

Prescription opioid deaths began to rise

2013

Fentanyl was being made illegally and mixed with other drugs like heroin

2010

Heroin was cheaper and easier to get than prescription opioids

NOTES

ILLEGAL OPIOIDS

HEROIN

- Heroin belongs to a class of drugs called opioids.
- It is illegal to use heroin or have it in your possession.
- Most people who use heroin first misused prescription opioids. Someone might switch to heroin because it is cheaper and easier to get than prescription medicine.
- Heroin can be injected, smoked, or snorted.
- The most common way heroin is used is by injection.
- Heroin is often used with alcohol and other drugs. This increases the risk of an overdose.

FENTANYL

- Illegal fentanyl is commonly combined with street drugs like heroin, cocaine, and methamphetamine.
- Fentanyl is often added to other drugs because it is very powerful, cheap, and highly addictive.
- Fentanyl is created in multiple forms. It can be injected, snorted, smoked, or taken orally.
- The powder form of illegal fentanyl is commonly shaped to look like other prescription opioids.



DEADLY AMOUNT OF FENTANYL

Deaths from illegal use of fentanyl are on the rise. When fentanyl is mixed with other illegal drugs, you are not able to see it, taste it, or smell it. This makes it easy to accidentally overdose.

⚠ ALL OPIOIDS ARE ADDICTIVE. USE CAUTION. NEVER USE ALONE.

FAKE PILLS OFTEN CONTAIN FENTANYL

AUTHENTIC (REAL)

Oxycodone



COUNTERFEIT (FAKE)

Oxycodone



Fake pills have been found in all 50 states. They are mass produced to look like oxycodone (Oxycontin, Percocet), hydrocodone (Vicodin), and alprazolam (Xanax); or stimulants like Adderall, and often contain fentanyl. It is very difficult to tell a fake pill from an authentic (real) pill. Fake pills are often easy to purchase, widely available, and often sold on social media. The only safe prescription medication are ones that you pick up from your licensed pharmacy.

OPIOID CRISIS TODAY



Approximately
EVERY 8 MINUTES
a person dies in the
United States from an
opioid overdose.



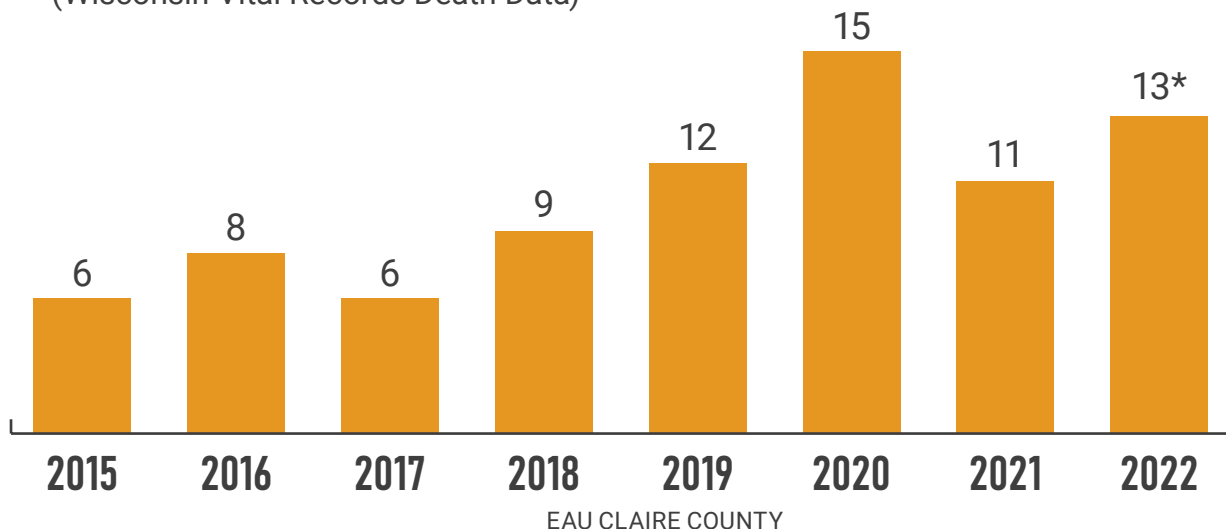
ABOUT 80%
of people who use
heroin say they
misused prescription
opioids first.



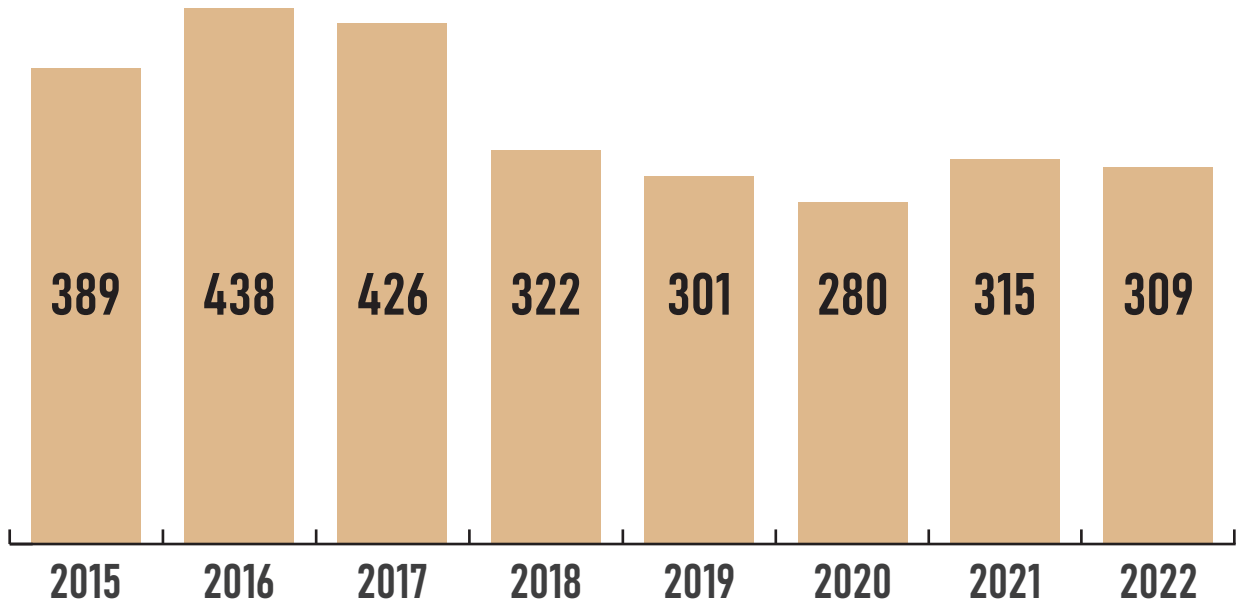
70% OF PEOPLE
who misuse prescription
opioids received their
first pill from someone
they knew.

OPIOID OVERDOSE DEATHS IN EAU CLAIRE COUNTY

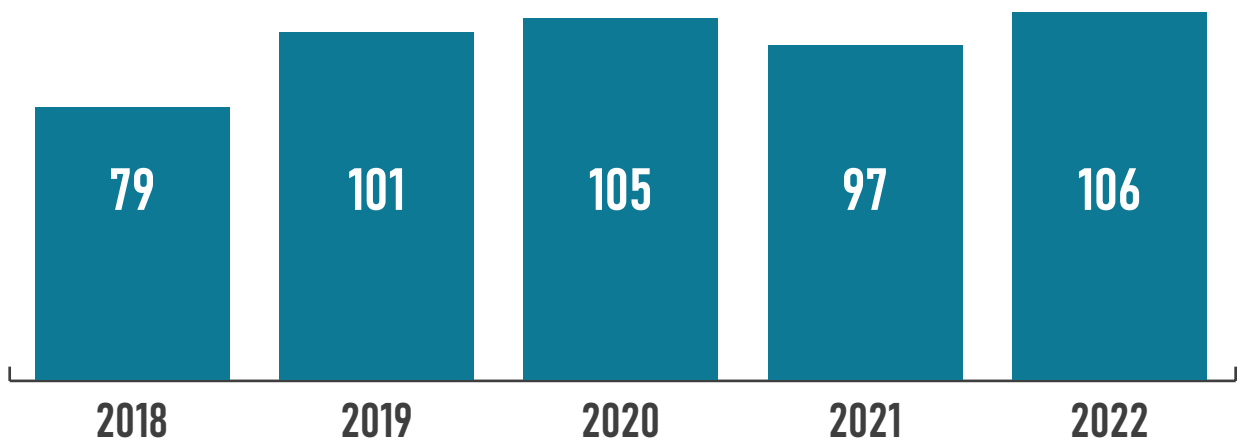
(Wisconsin Vital Records Death Data)



ALL OPIOID-RELATED HOSPITAL ENCOUNTERS BY YEAR IN EAU CLAIRE COUNTY (Wisconsin Interactive Statistics on Health)



EAU CLAIRE COUNTY SUSPECTED NONFATAL OPIOID OVERDOSES BY YEAR (Wisconsin Ambulance Run Data System)



2021 EAU CLAIRE COUNTY YOUTH RISK BEHAVIOR SURVEY

1%

of Eau Claire County high school students report using heroin at some point in their lives.

8%

of Eau Claire County high school students report ever misusing a prescription pain medicine.

5%

of Eau Claire County high school students report misusing any prescription drug in the past 30 days.

SECTION 2

SAFETY

HOW TO SAFELY STORE OPIOID MEDICINE

+ DO

- + Use a lockbox, lockbag, or locked drawer and hide the key.
- + Keep medicines in their original bottle or container.
- + Always know how many pills are in your pill bottles. This will help you know if any go missing.
- + Make sure medication lids are closed tightly.
- + Read your prescription label to learn how to store your medication. Keep your medicines in a cool, dry place, away from light.

× DO NOT

- × Do not keep opioid medicine on countertops, tables, or nightstands where other people can see and take them.
- × Do not share your medicine.

... WHY THESE TIPS HELP

- ... Prevents others from stealing or misusing medication.
- ... Don't forget about medicine patches - children and pets can be seriously injured if they get ahold of patches. Children could take patches out of the garbage and use them like stickers.
- ... It prevents young children and pets from getting into your medication and accidentally swallowing.
- ... Heat, steam, water, and light might make a medicine not work as well. It is important to keep medicine out of the bathroom or over the stove.



IT IS A FELONY TO SHARE YOUR PRESCRIPTION MEDICATIONS. LOCK THEM UP.

Learn more about medication safety at www.GetInvolvedASAP.org

NOTES

GET RID OF UNUSED OPIOID MEDICINE

Get rid of unused opioid medicine as soon as you stop taking them.

1 TAKE UNUSED PRESCRIPTIONS TO A PERMANENT DROP BOX LOCATION

ALTOONA

Altoona Emergency Services
1904 Spooner Avenue
(715) 839-6090

AUGUSTA

Augusta City Hall
145 W. Lincoln Street
(715) 286-2555

FALL CREEK

Fall Creek Village Hall
122 E. Lincoln Avenue
(715) 877-2177

EAU CLAIRE

CVS Pharmacy
2200 Brackett Avenue
(715) 839-0041

**Eau Claire County
Government Center**
721 Oxford Avenue
(715) 839-4709

Hy-Vee
2424 E. Clairemont Avenue
(715) 598-9524

**Marshfield Medical Center -
Eau Claire Medical Offices**
2116 Craig Road
(715) 858-4500

Mayo Clinic Health System
733 W. Clairemont Avenue
(715) 838-5000

Mayo Clinic Health System
1400 Bellinger Street
(715) 838-6000

Walgreens Pharmacy
1819 S. Hastings Way
(715) 834-3121

2 ASK YOUR PHARMACIST

Your pharmacist can tell you how to get rid of unused medicines.

3 USE AN AT-HOME MEDICATION DEACTIVATION KIT



1. OPEN BAG.

Add unused or expired medications.



2. FILL BAG

halfway with warm water. Wait 30 seconds. Foaming may occur.



3. CLOSE BAG.

Gently shake. Put in the trash.

The medium bag can be used to get rid of:



45 pills

OR



6 oz. liquid

OR



6 patches*

*To deactivate and dispose of medicine patches, attach sticky side of the patch to a facial tissue and add into the bag.



Learn more about medication disposal at www.GetInvolvedASAP.org

4

PARTICIPATE IN PRESCRIPTION DRUG TAKE-BACK EVENTS

Twice a year, Prescription Drug Take-Back events are hosted by the Wisconsin Department of Justice (DOJ) and the Drug Enforcement Administration (DEA) and are coordinated locally by the Eau Claire County Sheriff’s Office, Altoona Police Department, Marshfield Clinic Health System, Eau Claire City-County Health Department, Village of Fall Creek Police Department, and the Eau Claire Health Alliance.

THE NEXT TAKE-BACK DAY IS _____

Visit www.GetInvolvedASAP.org for more information

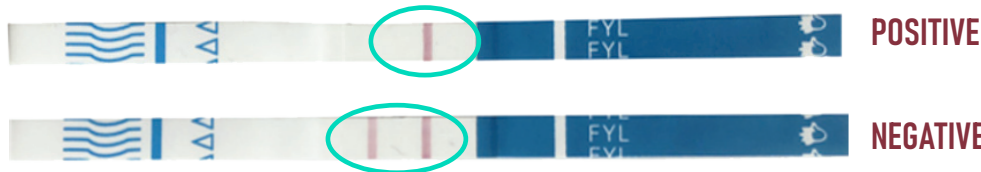
HARM REDUCTION

Harm reduction is taking actions that reduce the risk of spreading diseases or dying from an overdose.

NEEDLE EXCHANGE PROGRAM

Needle exchange is a harm reduction action that offers sterile needles, safer drug use supplies, and education to people who inject drugs.

FENTANYL TEST STRIPS

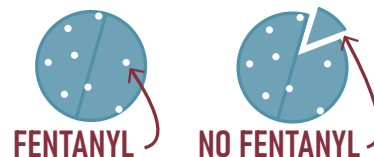


Using a test strip is a harm reduction action that can identify the presence of fentanyl in illegal drugs. You do not need to test prescription opioids you get from the pharmacy.

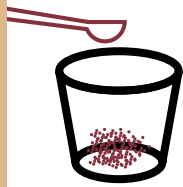
You cannot see, taste, or smell fentanyl. When fentanyl is mixed with illegal drugs, it is not evenly mixed. This is called the “chocolate chip cookie effect.” Testing every individual amount of the drug being used is important. This includes crushing and testing each pill. Results are given within minutes, which can save a life.



CHOCOLATE CHIP COOKIE EFFECT



USING A FENTANYL TEST STRIP



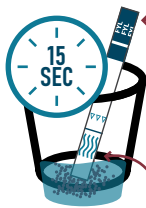
1. PREPARE YOUR SAMPLE.

Use a 10 mg micro scoop to collect a **level** (not rounded) sample of the crushed powdered form of the drug. A container with residue can be used.



2. ADD WATER.

Stir the mixture well.



3. INSERT WHITE END OF THE TEST STRIP INTO THE WATER.

Remove after **15 seconds**.
Keep water below the solid blue line.

MDMA or Methamphetamine:

1 scoop

1 tube of water (5ml)

Crystal or Powdered Substances:

5 scoops

1 tube of water (5ml)

Pills:

1 pill (crush into powder)

3 tubes of water

(powder may not completely dissolve)

Injection Drugs:

Prepare your syringe and wait to inject

Test residue by adding 1 ml of water

Blotter LSD: Cut small corner off blotter
Soak in 1 tube of water for 10 minutes

***See instructions provided inside the fentanyl test strip kit. Instructions may slightly vary depending on the test strip.**

4. LAY STRIP FLAT. READ THE FENTANYL TEST STRIP AFTER 2 MINUTES.

There are many brands of fentanyl test strips, and some strips may be dark blue, light blue, or yellow. Reading the results are the same. **1 red line = positive for fentanyl.**

1 red line - Fentanyl detected



One red line (positive result): Fentanyl has been found. Avoid using this drug supply.



2 red lines - no Fentanyl detected: use caution

Two red lines (negative result): Fentanyl has not been detected. Remember, no test is 100% accurate. It is possible to receive a false negative result. The drug supply may still contain fentanyl or other deadly substances.



No drug use is 100% safe. You can still overdose even if fentanyl is not detected.



We make no claim to the accuracy and reliability of these testing strips.

LEARN MORE

Contact Vivent Health to learn more about Fentanyl Test Strips and their Lifepoint Needle Exchange program:



505 S. Dewey Street
Eau Claire, WI 54703



715-836-7710
www.viventhealth.org

SECTION 3

OVERDOSE

SIGNS OF AN OPIOID OVERDOSE



Irregular breathing
Unusual snoring
or choking



Unable to wake
Limp body
Slow or no pulse



Sweaty or clammy skin
Blue or pale lips, skin,
feet or fingertips
Vomiting

Narcan nasal spray also known as Naloxone

Narcan is a medicine that can stop an overdose from prescription opioid medication, heroin, and fentanyl. By having Narcan you can prevent overdose deaths. Anyone can carry Narcan and give it to someone experiencing an overdose. It starts working within 2-3 minutes. Sometimes more than one dose of Narcan is needed. Narcan has no effect on someone who has not taken an opioid and is safe for children, pregnant women, and pets.

HOW DO I USE NARCAN?



1. PEEL the package open and hold the device. **Do not** press the red plunger until you are ready to give Narcan.



2. HOLD the device by placing your thumb on the plunger and a finger on each side of the nozzle



3. PLACE TIP of nozzle in either nostril until your fingers touch the nose.



4. PRESS the plunger firmly to give the dose of Narcan.



5. WAIT for a response, if no response after **2-3 minutes**, repeat these steps and give a second dose in the opposite nostril.

Each box of Narcan Nasal Spray contains two doses of Narcan.

▲ STOP AN OPIOID OVERDOSE



1. TRY TO WAKE THE PERSON UP

Yell their name and rub your knuckles hard on the middle of their chest.



2. CALL 911

Tell the 911 operator the person you are with may have overdosed. They will be able to help with the next steps. Stay with the person until help arrives.



3. GIVE NARCAN

Follow the directions on the box or bottle. If there is no response after 2-3 minutes, give Narcan again. More than one dose is sometimes needed.



4. STAY UNTIL HELP ARRIVES

Stay with the person until emergency services arrive. Narcan only works for a short time and the person can go back into an overdose.

* Additional actions may be needed, like rescue breathing, chest compressions, and more Narcan. If possible, get help from others.

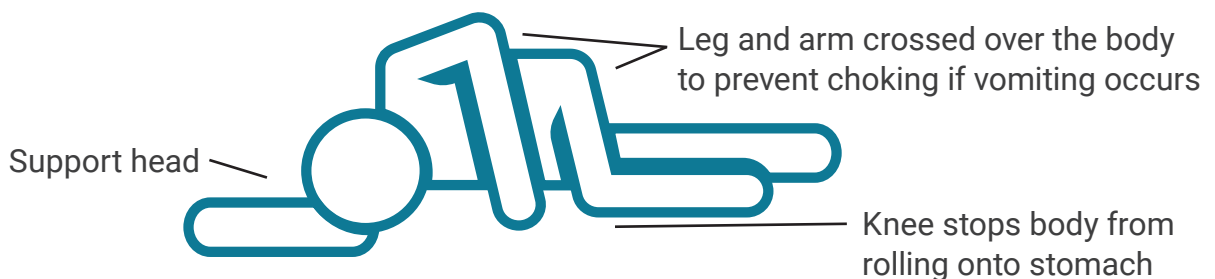
RESCUE BREATHING INSTRUCTIONS

Brain damage can occur after 4 minutes without oxygen.
Rescue breathing is the quickest way to get oxygen into the body.
Call 911 for help.

1. Call 911
2. Open the person's mouth and check for any objects. Common items include a cap from a needle, gum, or food. Remove items.
3. Lay the person face-up on a flat surface.
4. Tilt the chin to open the airway.
5. Pinch the person's nose closed.
6. Cover the person's mouth with your mouth. Breathe into their mouth. One breath every five seconds and continue for 30 seconds.

RECOVERY POSITION

Stay with the person until emergency services arrive



AFTER RECEIVING NARCAN, A PERSON MAY:

- ... Feel physically ill or vomit
- ... Feel withdrawal symptoms that may be unpleasant but are not life threatening
- ... Become agitated and upset
- ... Have a seizure (rare)
- ⚠️ Overdose again

HOW TO STORE AND DISPOSE OF NARCAN



Store at room temperature below 77°F. Avoid freezing and extreme heat environments.



Keep out of direct light. Keep in the original box until ready to use.



Replace before expiration date. Dispose expired Narcan Nasal Spray at a medication drop-off location.

Find a location at www.GetInvolvedASAP.org



Used Narcan Nasal Spray may be disposed of at home in the garbage.



Narcan Nasal Spray



Narcan expires on the last day of the month

CAN I GET IN TROUBLE FOR HELPING SOMEONE?

Wisconsin laws state that any person may possess a medication to reverse an opioid overdose, such as NARCAN®. They may also administer or give it. Under the Wisconsin Good Samaritan Law, you cannot be held civilly liable for a good faith effort to provide assistance in a life-threatening situation. State law also provides limited immunity from criminal prosecution for certain amounts of controlled substance possession and the possession of drug paraphernalia for a person who aids another person who experienced an overdose from a controlled substance.

NOTES

CARRY NARCAN

Narcan can save a life by reversing an opioid overdose. Acting quickly is important. Narcan works on any opioid overdose, including prescription pain medication, heroin, and fentanyl. Remember, you cannot see, taste, or smell fentanyl, and it is found in many drugs; cocaine, methamphetamine, heroin, marijuana, and counterfeit (fake pills). If you carry Narcan, tell your friends and family where you keep it.



It is very important to call 911 after Narcan is given to someone. Opioids can last longer in the body than Narcan does. After receiving Narcan, the person should be monitored for at least 4 hours. The person may need more doses of Narcan or other medical help.

GET NARCAN LOCALLY



EAU CLAIRE CITY-COUNTY HEALTH DEPARTMENT

720 Second Ave.

Eau Claire, WI 54703

By appointment only. Call 715-492-1772 to schedule an appointment for Narcan nasal spray or fentanyl test strips.



EAU CLAIRE COUNTY GOVERNMENT CENTER - JAIL LOBBY

710 Second Ave.

Eau Claire, WI 54703

A vending machine is available to dispense free Narcan nasal spray and fentanyl test strip kits 24 hours a day, 7 days a week.



VIVENT HEALTH

505 S. Dewey Street

Eau Claire, WI 54703

715-836-7710

www.viventhealth.org




EAU CLAIRE COMPREHENSIVE TREATMENT CENTER

3440 Oakwood Hills Parkway

Eau Claire, WI 54701

715-802-2260

To find a pharmacy that will dispense Narcan and local resources visit WWW.GETINVOLVEDASAP.ORG



Adapted from Wisconsin Health Literacy's "Let's Talk About Pain Medicine"
and "Let's Talk About Opioids" programs

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