# **Athens County**

#### Ohio

#### **Find Help**

#### You are not alone.

Help is available for opioid use disorder (OUD) in Athens County.

**Call 911 if you suspect an overdose. Here are the common overdose signs.** Recognizing an overdose can be difficult. If you aren't sure, it is best to treat the situation like an overdose - you could save a life.

### Signs of an Opioid Overdose

- Small, constricted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue, or cold skin

Call SAMHSA's National Helpline 24/7 for free, confidential treatment/referral information in English and Spanish.

Call 1-800-662-HELP (4357)

Download Athens County's Community Resource Guide

## Use the map below to find resources near you



= View the legend and customize filters.

Athens County 🔀 This map was made with Google My Maps. Create your own.





You can use the filters on the map to find doctors and other healthcare providers that prescribe medications for opioid use disorder (MOUD, also called MAT), naloxone (also known as Narcan<sup>®</sup>

or Kloxxado<sup>™</sup> nasal spray) and drug disposal sites.

### Get Medication for Opioid Use Disorder

Each person has a personal path to recovery from opioid use disorder, and treatment with medication is a medical standard of care. People who stop using opioids often go back to using them if they do not use medication to help them. Stopping and then restarting opioid use increases the chance of dying from an overdose.

- If you have a health care provider (doctor, nurse, etc.), ask them about methadone, buprenorphine, and naltrexone. If you do not have a health care provider, use the map above to find a provider near you.
- Learn more about medications for opioid use disorder.

# Carry Naloxone

Naloxone (also known as Narcan<sup>®</sup> or Kloxxado<sup>™</sup> nasal spray) is a medicine that can save someone's life if they are overdosing on opioids—whether it's a prescription opioid, heroin, or a drug containing fentanyl.

#### **Quick Facts**

**1** Anyone can give naloxone to a person who may be overdosing, even if you don't know what they have overdosed on.

**2** You can get it from a pharmacy or local health department without a personal prescription, often for free.

3 It can be used on pregnant women.

- 4 It is safe to keep around children.
- If you cannot find a pharmacy near you that has naloxone, you can order it through the mail: Harm Reduction Ohio
- Learn more about naloxone.

# **Dispose of Prescription Opioids**

It is not safe to share unused medications with others and it is important remove all leftover prescription pain medication from your home. Medication take-back drop boxes and events are the best way to safely dispose of prescription and over-the-counter medicines that have passed their expiration date or are no longer needed.

Before disposing of prescription medications using a drug take-back option, remove all personal information on the label of pill bottles or medicine packaging. All medicines dropped off at the drug disposal sites will be destroyed and discarded.

View an infographic from the FDA for more information about drug disposal.

### **Discover Additional Local Resources**

- Additional Support Services
- Project Dawn
- RecoveryOhio

#### Stand Up to Stigma

Stigma is the disapproval of, or discrimination against, a person based on a negative stereotype. Stigma often affects how people with opioid use disorder are treated, making it difficult for them to find jobs, places to live, and medical care.

Learn more about stigma and how you can help end stigma in your community.