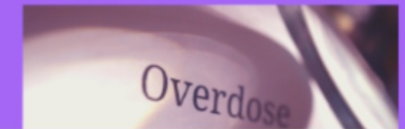
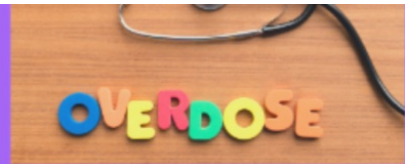




AUGUST 2021

Your HEALTH UPDATE 

[www.emergencyhospitals.care](http://www.emergencyhospitals.care)



INTERNATIONAL OVERDOSE AWARENESS DAY  
AUGUST 31

*Each year we lose thousands of people from drug overdose globally. Our Community is not immune. You may have seen it, it could happen to people around you.  
This is not an invisible issue.*

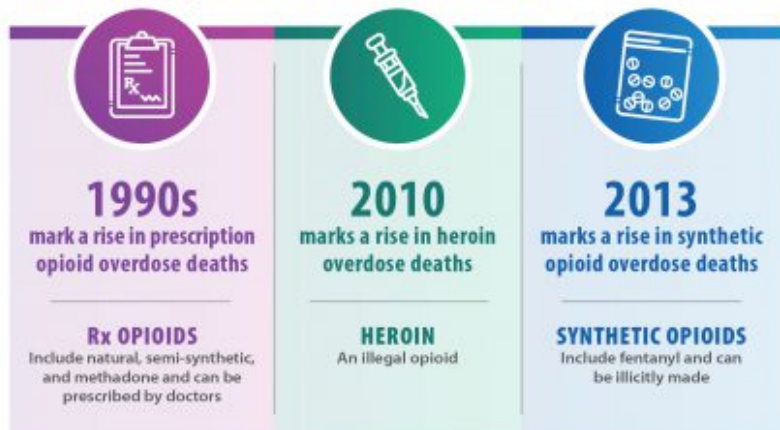
UNDERSTANDING THE EPIDEMIC

- One in five TEXANS has experienced an opioid overdose or know someone who has.
- Four of the nation's top 25 cities for opioid misuse are in Texas: Texarkana, Amarillo, Odessa, and Longview.
- From 1999 to 2016, 15,410 people died of an opioid-related overdose in Texas.
- In 2018, there were 1,402 identified opioid overdose deaths in the state of Texas.
- Prescription drug overdose is a leading cause of maternal deaths in Texas.
- Every day, 128 people in the United States die after an overdose involving either prescription or illicit opioids (like heroin).
- Nationwide, nearly 80% of people who use heroin report misusing prescription opioids prior to heroin.

RISE IN OPIOID OVERDOSE DEATHS IN AMERICA

NEARLY  
**500,000**  
PEOPLE DIED FROM AN OPIOID OVERDOSE  
(1999-2019)

A Multi-Layered Problem in Three Distinct Waves



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

Learn more about the evolving opioid overdose crisis: [www.cdc.gov/drugoverdose](http://www.cdc.gov/drugoverdose)

## UNDERSTANDING THE OPIOID CRISIS IN TEXAS

Opioids are a type of medication used to reduced pain. When taken as directed by a doctor, prescription opioids are one way to safely manage severe short-term and chronic pain.

However, misusing prescription opioids can put you at risk of physical dependence, addiction and overdose.

Misusing medications includes taking more than prescribed, taking someone else's medication and any non-medical use.

## HOW TEXANS TALK ABOUT THE OPIOID EPIDEMIC

When talking about opioids, our words matter. Stigmatizing language can cause harm to people with opioid use disorder. Addiction is a disease, not a moral failing.

Language that labels or blames people can make them feel ashamed, alone or hopeless, and less likely to seek help.



Source: Texas Targeted Opioid Response  
txopioidresponse.org

## HELP IS AVAILABLE

For anyone struggling with opioid addiction, help is available. The resources below are a great way to get started on a path to treatment and recovery. If you or someone you know is in crisis, **call 9-1-1**

- **Substance Use Program Centers in Texas:** Find treatment programs for substance use disorder near you via the Texas Health and Human Services directory map. [Visit Here](#)
- **OSAR & Information and Locations:** A great starting point for individuals interested in substance use services to begin their path to treatment and recovery. [Visit Here](#)
- **Mental Health TX:** Find professional help for common mental health conditions on this resource website. [Visit Here](#)
- **How to Use Naloxone:** Learn how to safely and effectively use naloxone to reverse an opioid overdose from the Harm Reduction Coalition. [Visit Here](#)
- **Naloxone Finder and Related Resources:** Naloxone is a medication designed to reverse an opioid overdose. [Visit Here](#)
- **SAMHSA National Helpline.** A free, confidential 24/7 treatment referral and information service. Call: **1-800-662-HELP (4357)**. [Visit Here](#)
- **SAMHSA Substance Use Treatment Locator:** Find treatment that works from state-licensed providers. [Visit Here](#)
- **SAMHSA Opioid Treatment Program Directory:** Find treatment for opioid use disorder from providers who specialize in medication assisted treatment (MAT).

[Visit Here](#)

- **Crisis Text Line:** Free, 24/7 crisis support and volunteer training to support people in crisis. [Visit Here](#)

Source: Texas Targeted Opioid Respons  
txopioidresponse.org

## RECOGNIZING AND RESPONDING TO OPIOID OVERDOSE

RECOGNISING & RESPONDING

# OPIOID OVERDOSE

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**SIGNS OF OVERDOSE**

- No response to stimuli
- Shallow, laboured or no breathing
- Cannot be woken up
- Snoring or gurgling
- Blue/grey lips or finger tips
- Floppy arms or legs

**HOW TO RESPOND**

- Check for danger
- Call an ambulance and stay on the line
- Put the person in recovery position
- If you have access to narcan/naloxone, assemble the mini-jet or ampoule and inject into thigh or upper arm (if you have a nasal spray, spray into one side of the nasal canal)
- Provide CPR
- If there has been no response within 3-5 minutes, and if you have it available, administer another dose of narcan/naloxone

TIME TO REMEMBER.  
TIME TO ACT.

**X** International Overdose Awareness Day

**31 AUGUST**  
—  
INTERNATIONAL OVERDOSE AWARENESS DAY

Emergency Hospital Systems LLC