

5 OPIOID FACTS EVERY ADULT MUST KNOW.

As a parent, caregiver, or educator, you can pass on life-saving knowledge to the next generation. Here are five facts about opioids, overdoses, and recovery for you to share.

1. OPIOIDS ARE HIGHLY ADDICTIVE

All opioids, even prescription painkillers like oxycodone, can lead to dependence. Especially young people whose brains are still developing, can develop an opioid use disorder quickly.

2. KNOW THE SIGNS OF AN OVERDOSE

Overdoses can happen quickly, and you have to act fast. Here's a quick guide on how to spot the signs.



Face is extremely pale and/or clammy.



Fingernails or lips have a blue or purple color.



Person is limp and unable to wake or stay awake.



Person is vomiting, choking, or making gurgling noises.



Breathing and/or heartbeat is very slow or stopped.



Very small pupils (also known as pinpoint.)

3. FENTANYL CHANGED EVERYTHING

Fentanyl is 50 times more powerful than heroin, and even the smallest amount can lead to overdoses and death. It's often used to make fake pills but can also be found in many street drugs. That makes taking pills that don't come from a doctor and experimenting with substances extremely dangerous.

4. NALOXONE SAVES LIVES

Naloxone (NARCAN®) is a drug that can reverse an opioid overdose and save lives. It's safe, easy to use, and legal to carry in Minnesota. Naloxone is widely available and affordable, so there's no excuse not to have it on you at all times.



FIND NARCAN® NEAR YOU

5. RECOVERY IS POSSIBLE

Substance misuse and opioid use disorder (OUD) are treatable. Recovery looks different for everyone, and there are many tailored programs based on age, ethnicity, or sexual identity.



CHECK OUT OUR RESOURCES TO FIND HELP AND MORE