

WE CAN OVERCOME ADDICTION TOGETHER



**HOPE**

In 2015, Northern Kentucky had

- ◆ 1,168 heroin overdose visits at St. Elizabeth emergency departments
- ◆ More than 230 drug-related overdose deaths
- ◆ More than 100 babies born to addicted mothers
- ◆ 1,132 people diagnosed with hepatitis C, which can be spread through injection drug use

**NORTHERN  
KENTUCKY HAS  
AN EPIDEMIC**

**FACTS  
ABOUT  
HEROIN/  
OPIATE  
ADDICTION**

People who are addicted come from all walks of life.

Prescription opioid painkillers can result in abuse, addiction and overdoses.

Addiction is a chronic disease that can be managed. Treatment works.

Addiction increases a person's risk of becoming infected with hepatitis C and HIV.



**859-415-9280**

**Northern Kentucky  
Addiction Helpline**

Speak to licensed, professional counselors  
24 hours a day.

[www.addictionservicescouncil.org](http://www.addictionservicescouncil.org)

## ACTIONS YOU CAN TAKE

### Safeguard medicines in your home and properly dispose of unused or expired medicines.

Many police departments and pharmacies have drop boxes for disposal of unwanted medications. For locations, visit <http://bit.ly/2dgOb5B>. Prescription painkillers can be addictive and can result in an overdose. Take medications only as prescribed by your health care provider. Talk to your provider about alternatives to prescription painkillers.

### Talk about substance use with the youth in your life.

Learn more at <http://www.drugfree.org/the-parent-toolkit/>.

### Know the signs of heroin use.

- ◆ Sudden dramatic weight loss
- ◆ Small/pinpoint pupils
- ◆ Change in sleeping patterns
- ◆ Mood swings
- ◆ Needle marks
- ◆ Missing money/valuables
- ◆ Lying and secretiveness
- ◆ Run-ins with the law



### Know the symptoms of an overdose.

- ◆ Blue lips and fingernails
- ◆ Pale or grayish skin tone
- ◆ Breathing is slow and shallow, erratic, or has stopped
- ◆ No pulse
- ◆ Loss of consciousness, unresponsive

### Respond to potential overdoses—and save a life.

If someone has overdosed, **FIRST CALL 911**. Start rescue breathing until help arrives. Naloxone (Narcan) can reverse an overdose. If someone you know is at risk for overdose, you may want a naloxone kit. Visit <http://www.nkyhealth.org> for locations.

### Learn how to support individuals in recovery.

Understand and accept that people in recovery will be making life changes.



Get  
Information



Get  
Help



Get  
Involved

[www.injecthope.com](http://www.injecthope.com)