

## What Are Opioids?

- Opioids are a class of drugs used to reduce pain
- They come in pill, liquid, or powder form
- Prescription opioids include Oxycontin, Vicodin, morphine, and methadone
- Illegal opioids include fentanyl and heroin

## The Epidemic

Opioid abuse has been declared a national health emergency. Virginia is NOT exempt from this crisis.

- 66% of drug overdoses involve an opioid
- Fatal drug overdose has been the leading cause of unnatural and accidental death in Virginia since 2014
- There were over 1,050 deaths from drug overdose in Virginia in 2018



## Spotting the Signs

Changes in behavior and mood:

- Reduction in social activity
- Drowsiness, disorientation, lack of energy
- Inability to concentrate, lack of motivation

Changes in appearance:

- Pinpoint pupils, sudden itching, drooping eyes, flushed face and neck; head nodding, intense calm, slurred speech
- Withdrawal: frequent yawning, runny nose, dilated pupils, nausea, vomiting, insomnia

## How to Help

Reach out if you think a parent, staff member, or child is in need. Connect them to resources to combat addiction:

- For addiction, prevention, and recovery resources, visit [CurbTheCrisis.com](http://CurbTheCrisis.com)
- Visit [Virginia Opioid Crisis Website](http://VirginiaOpioidCrisisWebsite.to) to read about the crisis, learn how to respond to an opioid overdose emergency, and see the data

# OPIOID ABUSE

Recognizing the Signs

