

HOW TO KEEP YOU AND YOUR LOVED ONES SAFE WHEN USING PAIN MEDICATION

Find the best plan for you

There are different types of medicine and treatments that can help control pain. Ice, heat, and exercise can be helpful. Medicines that you can find at a drugstore, such as ibuprofen and acetaminophen, can also help with pain. Make sure to talk with your doctor about the best treatment for you. Opioids may not always be the best choice.

Remember:

Tell your doctor about all medications you are taking, even if prescribed by another doctor.

Prepare for an emergency

Naloxone is a nasal spray or shot that is used for an opioid overdose. It helps get breathing back to normal. Read all instructions before using it. Talk to your doctor about this life-saving medication — for yourself or a loved one who is at risk of an opioid overdose.

Additional support

We're here to help with additional tools and local resources. Please contact us by calling the number listed on your Health Net member ID card.

CDC Prescription Opioids: What you need to know



www.cdc.gov/drugoverdose/pdf/AHA-Patient-Opioid-Factsheet-a.pdf

Learn about opioid medications.

Talk to your doctor and know about possible side effects:

- Feeling tired
- Feeling dizzy
- Constipation
- Risk of addiction
- Risk of cravings
- Risk of overdose
- Upset stomach and vomiting

Take all medications correctly.

Read the label on your medicine bottle and follow the instructions carefully.

- Do not take prescriptions meant for others
- Do not mix with alcohol, sleep-aids, or anti-anxiety medication
- Do not share your prescriptions with anyone else
- Do not store medicine where children, pets, or others can get it

Get rid of old medicine safely.

National Prescription Drug Take Back Day happens in April and October. It provides a safe way to get rid of prescription drugs.

Visit takebackday.dea.gov for details.

You can safely leave unused medication at collection sites. Pharmacies, hospitals, or police stations may have drop boxes or mail-back programs.



Call the Drug Enforcement Administration (DEA) at **1-800-882-9539** to find a location.

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Please refer to the formulary for your health plan for specific coverage details regarding your medications.

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