

## Opioid Resources in Wisconsin

**Use the key words given below to search online for opioid resources.**

**Learn more about opioids:** Use this resource to learn more about opioids and the Opioid Crisis in Wisconsin. [Search: Wisconsin Department of Health and Opioids](#)

**Where to get naloxone:** Naloxone is a medicine that can stop an overdose. It is sold by pharmacies and you do not need a prescription. [Search: Naloxone and Wisconsin](#)

**Where you can get rid of unused medicines:** [Search: Get rid of unused medicines in Wisconsin](#)

**Needle exchange programs:** Needle exchange programs will get rid of used needles and give out new needles. This is to prevent diseases like HIV or Hepatitis that are spread through used needles. [Search: Needle exchange programs in Wisconsin](#)

**Narcotics Anonymous:** This is a program where people who are addicted meet and support one another. [Search: Narcotics Anonymous Wisconsin](#)

**Peer run recovery centers:** These are places run by people who have lived through addiction. They provide activities and a supportive environment for people who are recovering from addiction. [Search: Peer recovery centers in Wisconsin](#)

**Recovery resources:** This is a list of resources for people who are addicted or recovering from addiction. [Search: Recovery resources in Wisconsin](#)

**Rehab centers:** Find the nearest center for treating addiction near you. [Search: Rehab centers in Wisconsin](#)



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## Keep opioids in a safe location and get rid of unused opioids

Keep opioid medicines in a safe location so your kids, their friends, and other people cannot get them. Most young adults who use heroin started out using opioid medicine they found at home. Young children can accidentally swallow pills or mistake the patches for stickers. This can be deadly.

### Keep opioid medicine in a safe location.

- Keep medicines where kids, visitors and others can't see them and find them so easily.
  - Use a lock box or locked drawer. Hide the key.
  - Do not leave opioid medicine on countertops, tables, or nightstands.
  - Do not put opioid medicine in your purse or bag.
  - Know how many pills you should have. Count your pills after picking up from the pharmacy. Recount each day to see if any are missing. Consider helping someone get addiction treatment if you think they are taking your opioids.



### How to get rid of your unused medicine:

- It is very important to get rid of your unused opioids so others don't find and use them.
  - Most police stations will take your unused opioid medicines.
  - Ask your pharmacist.



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## What can go wrong when you use opioid medicines?

**You could die:** In 2017, more people in Wisconsin died from opioid overdoses than in car crashes. Many of the people died because they did not use opioid medicine correctly. More people die from prescription opioid medicine than from heroin and cocaine combined.

**Always take your opioid medicine how your doctor or pharmacist told you.**

If you don't:

**You could overdose.** If you take too much opioid medicine, your breathing slows down. You can even stop breathing and die. Taking sleeping pills or using alcohol while taking opioids is very dangerous because they too can slow your breathing down. Ask your doctor or pharmacist before taking other medicines when you are using opioids.

**You can get addicted.** Opioid medicine can be as addictive as heroin. This makes it hard to stay away from the medicine.

**Your behavior could change.** People who are addicted to opioid medicines may do dangerous things. Some examples are: they may steal from family and friends, buy drugs from an illegal dealer or drive while under the influence.



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# Let's Talk About Pain Medicines

## How are prescription opioids and other pain medicines different?

### Prescription opioids:

- Need a prescription to buy them
- Can give you a "high" when you take them
- Can be addictive. If you are addicted, you start to:
  - feel a strong need to take the medicine
  - need to take more to get the same "high"

#### Names of some prescription opioids:

<u>Generic Names</u>		<u>Brand Names</u>
Hydrocodone	→	Vicodin <sup>®</sup> , Lortab <sup>®</sup> , Lorcet <sup>®</sup>
Tramadol	→	Ultram <sup>®</sup>
Oxycodone	→	OxyContin <sup>®</sup> , Percodan <sup>®</sup> , Percocet <sup>®</sup>
Morphine	→	Kadian <sup>®</sup> , Avinza <sup>®</sup> , MS Contin <sup>®</sup>
Fentanyl	→	Duragesic <sup>®</sup>
Codeine		
Methadone		



### Other pain medicines:

- May need a prescription
- Most are not addictive

#### Names of some other medicines:

<u>Generic Names</u>		<u>Brand Names</u>
Acetaminophen	→	Tylenol <sup>®</sup>
Ibuprofen	→	Advil <sup>®</sup> , Motrin <sup>®</sup>
Naproxen	→	Aleve, Naprosyn <sup>®</sup>
Pregabalin	→	Lyrica <sup>®</sup> *
Duloxetine	→	Cymbalta <sup>®</sup> *
Gabapentin	→	Neurontin <sup>®</sup> *
Meloxicam	→	Mobic <sup>®</sup> *

\*needs a prescription



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