

Indiana's opioid epidemic: what parents need to know

What are opioids?

Opioids are a class of drugs that can be used to reduce pain. This includes synthetic opioids like fentanyl and even pain-relieving prescription drugs that are legally prescribed by a doctor, like Vicodin, Percocet, and OxyContin. Heroin is also an opioid.

Who is at risk for addiction?

Everyone is at risk for opioid addiction. Opioids can be injected, smoked, or snorted.

If a teen overdoses and survives, they may have damage to their heart and brain, as well as other organs.

53%

of National Survey on Drug Use and Health (NSDUH) participants indicated that they misused painkillers from friends and family more than any other source in 2016.

What can you do?

Be mindful of the number of pain pills in your home, and keep them secured. Lock boxes are a great way to keep medications secure.

Dispose of unused pills at a Rx Drop-off location. Ask friends and family members to do the same.

The signs of opioid misuse:

- red, watery eyes, large or small pupils
- runny nose or hacking cough
- cold, sweaty palms or shaky hands
- poor physical coordination
- puffy or pale face
- changes in mood, weight, or grades
- lack of energy for school, practice, or other activities

