







1 in 4

people receiving long-term opioid therapy  
**STRUGGLES WITH ADDICTION**

## Prescription Opioid Addiction

-  Opioids work by blocking the feeling of pain without fixing the underlying cause.
-  Prescription opioids may be habit forming and lead to addiction even when taken as prescribed.
-  Patients taking prescription opioids are also at risk for impaired breathing, unintentional overdose or death.
-  Caution when taking prescription opioids with:
  - alcohol
  - benzodiazepines (ex. Xanax®, Valium®)
  - muscle relaxers (ex. Soma®, Flexeril®)
  - hypnotics (ex. Ambien®, Lunesta®)

## Keep Yourself and Your Loved Ones Safe



### Lock

Keep medication out of sight and in a safe and secure place.



### Monitor

Keep track of medication and take only as directed.



### Take Back

Drop off unused medication at local Take Back locations.  
To find a location near you, go to [www.takeback.nd.gov](http://www.takeback.nd.gov).

## If You Are Concerned

- Talk to your pharmacist or practitioner about **naloxone**, a treatment to reverse overdose.
- Follow-up with your practitioner
- Find behavioral health treatment providers at [behavioralhealth.nd.gov/find-services](http://behavioralhealth.nd.gov/find-services)

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Behavioral Health  
HEALTH & HUMAN SERVICES

*Developed in partnership with the ND Board of  
Pharmacy and ND Pharmacist Association*

FIND OUT MORE AT  
[WWW.HHS.ND.GOV/OPIOIDS](http://WWW.HHS.ND.GOV/OPIOIDS)

**OPIOIDS**

TAKE CARE, BE AWARE.