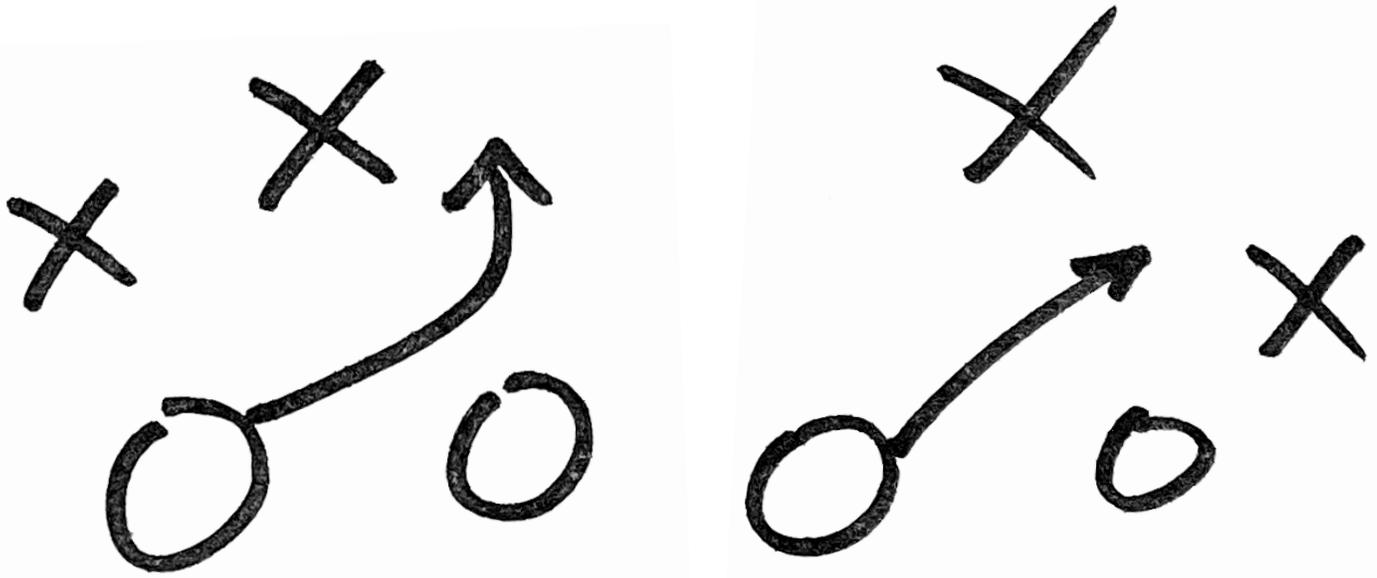
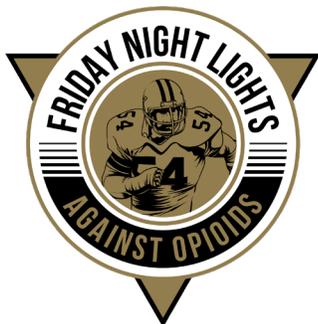


If you suspect someone is experiencing an overdose always call 911.



PREVENTION PLAYBOOK



Public Health
Prevent. Promote. Protect.

Frederick County Health Department



These materials are neither sponsored nor endorsed by the Board of Education of Frederick County, the Superintendent, FCPS, or any FCPS school.



Preparation is key to any good defense.

This program is important to me because I lost my son-in-law to a single pill laced with fentanyl. Today, I'm a 70 year old grandfather who also has to be Dad to my two grandchildren.

Across the nation, drug overdose deaths reached new record highs in both 2021 and 2022. This crisis is fueled by prescription drug misuse and counterfeit pills laced with fentanyl which look just like the real prescription pills.

The bottom line is: **don't take what you're not prescribed, dispose of unused pills**, and remember **strange pills kill**.

This prevention playbook will hopefully save lives with education, conversation, and proper drug disposal.

Understand fake is fatal: Most counterfeit pills sold on the street contain fentanyl – a highly addictive potent fast-acting substance.

- A tiny amount of fentanyl (2 grains of salt) will cause an overdose.
- Some fake pills contain xylazine, which is immune to naloxone, and can cause flesh eating disorders.

Stick to licensed pharmacies: Prescription drugs sold online / by unlicensed dealers marketed as Adderall, OxyContin, Vicodin, and Xanax are often laced with fentanyl.

- Only pills prescribed to you by your doctor and filled by a licensed pharmacy can be trusted.

Understand Signs of Misuse: Opioid dependency is linked to heroin, human trafficking, and suicide.

Practice Proper Disposal: 92% do not finish their prescriptions. 70% of teens say unused prescriptions was their first source of acquiring drugs. Ensure your prescriptions are secure and you practice proper disposal for unused medications.

Learn how to spot an overdose: When someone overdoses from fentanyl, breathing slows and their skin often turns a bluish hue. If you think someone is overdosing, **call 911 right away**.

Locate Naloxone: If you're concerned a loved one could be exposed to fentanyl, you may want to carry or know where naloxone is readily available. The medicine can rapidly reverse an opioid/fentanyl overdose.

Ask for Help: If you believe a friend or family member needs treatment, visit **FindTreatment.gov**.

Know the Code: Not every emoji means what you think it does.

Just Say Know /Talk to your loved ones: The best way to prevent overdoses is to educate your loved ones. Use this playbook to explain what fentanyl is and that it can be found in pills bought online or from friends; aim to establish an ongoing dialogue in short spurts rather than one long, formal conversation; and create good habits like safe storage and proper disposal.

This playbook won't bring back my son-in-law but hopefully it will spark an important conversation with your son or daughter and prompt you to use your DisposeRx packet to properly dispose of unused pills in your medicine cabinet.

Randy White

**Member, Pro Football Hall of Fame, College Football Hall of Fame, Texas Cowboy Hall of Fame
Cowboys Ring of Honor, Super Bowl XII Co-MVP, University of Maryland Hall of Fame**

LEGIT OR COUNTERFEIT

Strange Pills Can Kill. Can You Spot the Difference?



Oxycodone

Street names include: 30s, M30S, oxy, kickers, 40s, 512s, blues



Xanax

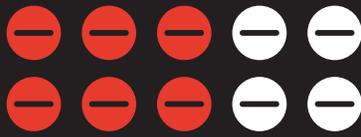
Street names include: bars, benzos, bricks, ladders, sticks, xanies, zanbars, z-bars



Amphetamine

Prescribed as: Adderall, Ritalin, Concerta, Dexedrine, Focalin, Metadate and Methylin

Source: Drug Enforcement Agency (DEA)



6 out of 10 street pills contain a potentially lethal dose of fentanyl.

You have better odds of surviving Russian Roulette.

In 2022, DEA seized more than 50.6 million

50,600,000

fake pills often laced with fentanyl
-more than double the amount of fentanyl pills seized in 2021-

FAKE PILLS CAN LOOK REAL. HERE'S HOW TO SPOT THEM:



COME IN ODD PACKAGING OR QUANTITIES



COME FROM THE INTERNET



COME FROM SOMEONE OTHER THAN A MEDICAL PROFESSIONAL

ONE PILL CAN KILL

STRANGE PILLS KILL

FENTANYL FACTS



A LETHAL DOSE OF FENTANYL

An amount of fentanyl about the size of two grains of salt can cause an overdose.

Fentanyl, a synthetic opioid, is:

50x

more powerful than **heroin**

100x

stronger than **morphine**



Fentanyl is involved in more deaths of Americans under 50 than any cause of death, including heart disease, cancer, homicide, suicide, and other accidents.

- Nearly every fake pill today contains fentanyl. Fake pills are made to look like OxyContin®, Xanax®, Adderall®, and other pharmaceuticals. These fake pills contain no legitimate medicine and are lethal. Remember, fake is fatal.
- Fentanyl is also pressed into pills made in a rainbow of colors to look like candy. Don't be fooled.

WHAT IS FENTANYL?



**WATCH THE
DEAD ON ARRIVAL
DOCUMENTARY**



**BEFORE IT'S TOO LATE
FENTANYL
IS IN
MARYLAND**

XYLAZINE: TRANQ DOPE

Xylazine (aka tranq) is a commonly used veterinary anesthetic currently being added to counterfeit street pills..

Recognize xylazine toxicity



Overdose **unresponsive** to naxolone (narcan)



Necrotic skin wounds

Tranq was found in over **90%** of dope samples tested in Philadelphia in 2021.

Tranq was first seen in Puerto Rico. Today, it is being found in more and more places across the US.

When tranq is mixed with another drug (like fentanyl, heroin, or a benzo), **the chance of overdose increases.**

Since October of 2021, 21% of street drug samples tested through the Frederick County Health Departments Rapid Analysis of Drugs (RAD) Program, contained Xylazine. Additionally, 44% of tested samples contained Fentanyl and/or fentanyl analogues/byproducts.

EFFECTS OF OPIOIDS ON THE BRAIN



Opioid dependency can develop in **just 3 days**.

4 out of 5 heroin users started with Rx pain pills.

After taking opioids for just **5 days in a row**, a person becomes more likely to take them long-term.

Help is Here: <https://www.helpisherede.com/understanding-addiction/safe-drug-storage-and-disposal>

Drug Take Back Locations: <https://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-drug-take-back-locations>

NON-MEDICAL USE OF OPIOIDS CAN BE A SLIPPERY SLOPE TO: _____

Suicidal ideation ▪ Injury Epidemiology reported in 2021 that “non-medical use of prescription opioids (NMUPO) has been reported by **5-20% of adolescents** and is associated with a **twofold increase in suicidal behaviors among adolescents.**”

Heroin use ▪ **75%** of those undergoing treatment for heroin use disorder began by **taking other people’s prescription drugs**

Human trafficking ▪ **25 percent of human trafficking survivors** have an opioid problem, according to the DEA. **Human traffickers often use drugs as “bait”** to recruit people who have a substance use disorder or as a means of control over their victims—to keep them “drugged out.”

An estimated 90% of people suffering longterm pain are prescribed an opioid without knowing if the drugs help or are safe to use. Talk to your doctor before taking a prescription for opioids.*

*Source: [consumerreports.org](https://www.consumerreports.org)

Visit StayInTheKnow.org/Opioids for more information on opioid misuse



Talking with Your Doctor about Opioids

TAKING OPIOIDS: A CHECKLIST

Opioids (such as hydrocodone, oxycodone, codeine and morphine) are not right for everyone. They can have some very serious side effects. Ask your health care provider these questions **BEFORE** taking opioids.

- Why do I need this medication—is it right for me?
- How long should I take this medication?
- Are there non-opioid alternatives that could help with pain relief while I recover?
- How can I reduce the risk of potential side effects from this medication?
- What if I have a history of addiction with tobacco, alcohol or drugs?
- What if there is a history of addiction in my family?
- Could this treatment interact with my other medicine for anxiety, sleeping problems, or seizures?
- Can I share this medication with someone else? Why not?
- How should I store my opioid medication to prevent other people from taking it? What should I do with unused opioid medicine?
- Can I have a prescription for naloxone?

STAY **IN THE KNOW**

PREVENTING SUBSTANCE MISUSE IN FREDERICK COUNTY

[StayInTheKnow.org/Opioids](https://www.StayInTheKnow.org/Opioids)

Funding provided by the Maryland Department of Health,
Behavioral Health Administration & SAMHSA. 2018

TEENAGE PRESCRIPTION DRUG MISUSE

2x

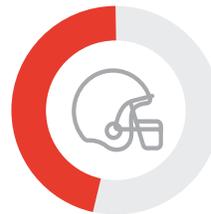
Between 2010 and 2020, adolescent drug overdose deaths **nearly doubled**.



90%
of addictions start in the **teenage years**



31%
of high school seniors indicate misusing prescription drugs **at least once**



Up to 46%
of former **high school athletes** have **lifetime opioid use**, significantly higher than any other student population



Between 2010 and 2017, **rural opioid-related inpatient stays increased 76.3%**, impacting **young, rural persons aged 12-19** the most.

SIGNS OF OPIOID MISUSE

BEHAVIORAL SIGNS

- Isolation and secretive behavior
- Loss of interest in favorite activities
- Moodiness, irritability, nervousness, giddiness
- Emotionally erratic: quickly changes between feeling ad and good
- Sleeps at strange hours
- Misses important appointments
- Neglects personal hygiene
- Change in attitude/personality
- Drop in grades or work performance

PHYSICAL SIGNS

- Pupils of eyes are small, pinpoints
- Decreased respiration rate
- Sleepy or non-responsive
- Intense flu-like symptoms: nausea, vomiting, sweating, shaking of hands, feet, or head

RISK FACTORS FOR ADDICTION

- Genetic
- Environmental
- Early use

**For help finding treatment call: 1-800-662-HELP (4357)
or visit SAMHSA's FindTreatment.gov**



SAFE STORAGE AND USAGE

Monitor Note how many pills are in each bottle; Keep track of refills; share the risks of unused pills with older relatives.

Secure Keep all prescriptions in a safe place such as a locked cabinet. Ensure nobody, including children, can access medications without your permission.

Separate and Label Keep everyone's medication separate and avoid mixing them in the same bottle to save space.

Tight Lids Always tightly close the lids of medication bottles to prevent accidental spills.

NATIONAL SCOPE OF UNUSED PRESCRIPTIONS



2/3

of the almost **4 billion** prescriptions dispensed annually in the U.S. go **unused**



92%

of patients don't finish their painkillers, and **less than 10%** dispose of them properly



Over 50%

of American homes have **unused prescriptions** in their medicine cabinets

Tips on Storing and Securing Medications

PROTECTING YOUR FAMILY AND HOME

MONITOR

- Note how many pills are in each prescription bottle or pill packets
- Keep track of refills—yours and others in your family
- For children, be sure an adult administers and controls all dosages on medications
- Be sure friends and relatives—especially grandparents—are aware of the risks

SECURE

- Keep all prescription and over-the-counter medications in a safe place, such as a locked cabinet, as you would with valuables
- Tell relatives to lock up their medications and/or store them in a safe place
- Talk to the parents of your children's friends about securing their medications

DISPOSE

- Keep a running inventory of all medications in your home
- Unless directions say otherwise, DO NOT flush expired or unused medications down the drain or toilet
- Discard medications by 1) participating in a local Drug Take Back Day or 2) use nearby medication drop box locations
- As a last resort, dispose of medications at home by 1) removing any personal ID information from bottles or packages and 2) mixing the medications with undesirable substances, like used coffee grounds or kitty litter, and discard

Properly disposing of expired or unused medications is important to help protect your children.

STAY IN THE KNOW

PREVENTING SUBSTANCE MISUSE IN FREDERICK COUNTY

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Funding provided by the Maryland Department of Health, Behavioral Health Administration & SAMHSA. 2018

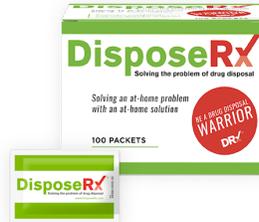
PROPER DISPOSAL

Shriners Children's Medical Center Study:

Proper disposal increased from 19% to 92% when patients were provided DisposeRx at-home drug disposal kit paired with education.



Local Drop Off Locations
90% percent of Americans live within driving distance of a retail pharmacy which, along with police stations, offer year-round drug disposal locations/kiosks.



At-Home Disposal:
DisposeRx packets will be distributed after **Coaches vs. Overdoses** games to provide easy and effective at-home drug disposal. DisposeRx is also available at most retail pharmacies.



Please Remove Any Personal Information Prior To Disposal.

REMEMBER

Understanding the risks associated with keeping unused medication is crucial. Change your behavior and make immediate disposal a priority when you no longer need medication.



70% of teens say that their **home medicine cabinets** are their first and/or ongoing source of acquiring drugs



Over 50% of Americans who misuse prescription drugs first **get them from friends or relatives**



The CDC estimates that annually there are **60,000 emergency department visits (165 kids a day)** and **450,000 calls to poison centers** after children under 6 years old ingest medication without a caregiver's oversight.



Unused medication poses risks to young children, leading to increased opioid-related poisoning deaths. **Unsecured opioids** are the **leading cause of poisoning deaths** for children under 6.

NALOXONE/TREATMENT

Naloxone can reverse an opioid / fentanyl overdose.



SCAN THE QR CODE FOR LOCAL OVERDOSE RESPONSE TRAINING AND NALOXONE DISTRIBUTION.

According to the CDC, "It may be hard to tell whether a person is high or experiencing an overdose. If you aren't sure, treat it like an overdose."

Remember, before you administer Naloxone, call 911 immediately.

- Try to keep the person awake and breathing.
- Lay the person on their side to prevent choking.
- Stay with the person until emergency assistance arrives.

SIGNS OF OPIOID OVERDOSE

- Unresponsiveness
- Breathing is slow, irregular, or fully stopped.
- Unconsciousness
- Body falls limp.
- Their heartbeat or pulse is slowed or erratic.
- Vomiting
- Pale or blue toned skin.
- Reduced pupil size.

If you suspect someone is experiencing an overdose, always call 911.

**For help finding treatment call 1-800-662-HELP (4357)
or visit SAMHSA's [FindTreatment.gov](https://www.samhsa.gov/findtreatment)**

COMMON EMOJI DRUG CODES

FAKE PRESCRIPTION DRUGS

Percocet & Oxycodone



Xanax



Adderall



DEALER SIGNALS

Dealer Advertising



High Potency



Universal for Drugs



Large Batch



Deliver/Mail Drugs



OTHER DRUGS

Meth



Heroin



Cocaine



MDMA/Mollies



Mushrooms



Cough Syrup



Marijuana



Fentanyl



DISCLAIMER: These emojis reflect common examples found in DEA investigations. This list is not all-inclusive, and the images above are a representative sample.

CONVERSATION STARTERS

MAKE IT A CONVERSATION: Just Say Know is the new Just Say No. Telling teens not to do drugs is NOT the way to go here. Teens need facts rather than fearing shame, judgement, or a lecture.

As a parent, open communication is key. Encourage your child to share their concerns, and actively listen. Provide supervision to support their healthy decision-making. Spend quality time together and get involved in their school activities.

It's vital to understand the risks of prescription drug misuse. Explain to your child:

- Never share prescription drugs.
- Avoid using prescription drugs to get high.
- Never take someone else's prescription.
- Don't change the prescribed dosage without consulting a doctor.

Key Results from SAMHSA's National Survey on Drug Use and Health:

Kids are **50% less likely** to use drugs when they hear about dangers of drugs from their parents.

Only **22%** of kids report having talked to their parents about misuse of prescription drugs.

Partnership to End Addiction research shows:

9 out of 10 people with addiction started in their teen years.

The average age of first-time use of drugs is 13-14.

If first-time use is delayed by 12-24 months, the likelihood of addiction drops dramatically.

Talking to Teens about Opioids

TIPS FOR DISCUSSING OPIOIDS

As a parent, teach your teen to:

- Respect the power of medicine and use it properly.
- Recognize that all medicines, including prescription medications, have risks as well as benefits. The risks can increase dramatically when medicines are abused or misused.
- Take responsibility for learning how to take prescription medicines safely and appropriately, and seek help at the first sign of a problem for their own or a friend's abuse.

What to discuss with your teen:

- Don't assume that illegal drugs are the only threat to them. Taking someone else's prescription medications is dangerous and unlawful as well.
- The dangers of misusing prescription medicine include addiction, slower brain activity, irregular heartbeat, dangerously high body temperature, heart failure and lethal seizures
- Stress that the following popular beliefs are absolutely FALSE:
 - Prescription medicines are much safer than illegal drugs
 - Prescription pain relievers cannot be addictive or fatal
 - There is nothing wrong with using prescription drugs without a doctor's prescription.
- Encourage your teen to ask you or a doctor about the negative side effects of prescription medicine, how to watch for them, and what to do if a negative side effect is suspected.
- Ask your family physician to speak to your teen about the importance of properly using prescription medicines.
- Provide a safe and open environment for your teen to talk about abuse issues.

STAY **IN THE KNOW**

PREVENTING SUBSTANCE MISUSE IN FREDERICK COUNTY

[StayInTheKnow.org/Opioids](https://www.StayInTheKnow.org/Opioids)

Funding provided by the Maryland Department of Health,
Behavioral Health Administration & SAMHSA. 2018

JUST SAY KNOW CONVERSATION TIPS:

- 1. Start talking when they are young.** As soon as your children understand what medications are, they can begin learning about safely using medications and the dangers of misuse.
- 2. Build a relationship with your children.** Show that you care about their health and well-being. Great communication will help your kids feel safe coming to you when they need help with a serious issue.
- 3. Plan multiple conversations.** It's not about "The Talk;" it's about many conversations (about many things) as they grow up. While it's not always easy, planning to have many short, frequent discussions about the dangers of opioid misuse and abuse is the best strategy.
- 4. Choose informal times to talk.** Chatting with your teen while driving to or from school and extracurricular activities, cleaning up after dinner, or while on a walk are all good times. They will feel more at ease during the conversation if there is less eye contact.
- 5. Resist the urge to lecture.** Consider starting a conversation with asking what they know about opioids. Making them feel like their point of view is valued can result in their being more willing to engage.
- 6. Use active listening.** By reflecting back what you hear them saying ("It seems like you are feeling..."), your children will know that you understand them.
- 7. Be empathetic and supportive.** Remember that the human brain isn't fully developed until age 25: children don't communicate the same way adults do. Let your kids know you understand and remind them that they can always count on you for support and guidance.
- 8. Make an exit plan.** Help your children create a plan for what they would do if someone offered them prescription pain relievers that are not theirs. Texting a code word to a family member or any other strategy that everyone understands and agrees upon can help them get out of a sticky situation.
- 9. Be prepared to discuss any family history of substance abuse.** Substance use disorders are often genetic and exposure to substance use in the home is a major risk factor. That's why honest conversations about unhealthy substance use, addiction, and family risk factors can help give your children the foundation they need to make the decision not to use addictive substances.
- 10. Teach that prescriptions can be harmful if not used properly.** Remind your children that it is unsafe and illegal to take someone else's prescription medication, even if it belongs to a friend or relative.

RESOURCES

If you or your loved one is struggling with addiction and would like help accessing treatment or recovery support, visit **FindTreatment.gov**, call **301-600-1755** or email us at **BHS@FrederickCountyMD.gov**

Calls and emails will be returned within 24 hours during normal business hours.

Need Help?

Child Protective Services (CPS)

1-800-91-PREVENT

Help for physical, sexual, emotional abuse or neglect.

Crisis Services

Dial 988 or call 301-662-2255

Information, Referral and Crisis Intervention and phone support

Maryland anonymous Tip Line

1-833-632-7233

Report threats or situations that put your safety, or others' safety, at risk.

Suicide Prevention Hotline

Dial/TXT 988

Help if you are thinking about suicide.

Maryland Opioid Operational Command Center

beforeitstoolate.maryland.gov

Stay in the Know

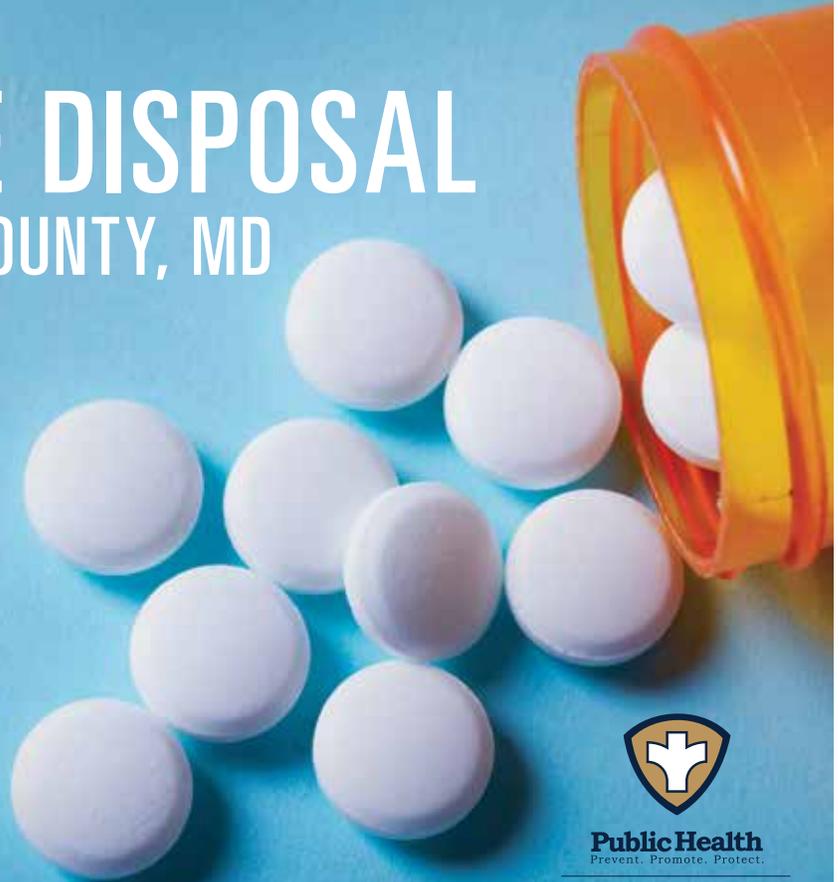


stayintheknow.org/resources



MEDICINE DISPOSAL IN FREDERICK COUNTY, MD

Safely dispose of
your unwanted or
expired medicines



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

Dispose of unwanted & expired medicine at the following locations:

Brunswick Police Dept.

20 East "A" Street
24 hours a day

Myersville Municipal Center

301 Main Street
Monday-Friday; 9AM – 4PM

Thurmont Police Dept.

800 East Main Street
Monday–Friday, 8AM–4PM

Emmitsburg Community Center

300 South Seton Avenue
Monday–Friday, 8AM–4:30PM

Frederick Police Dept.

100 West Patrick Street
24 hours a day

Frederick County Law Enforcement Center

110 Airport Drive East
24 hours a day

Middletown Municipal Center

31 West Main Street
Monday–Friday, 8AM–4PM

Acceptable Items: prescription & over-the-counter medications (in pill form only), prescription patches (fentanyl & nicotine replacement), medication for pets (in pill form only)

Unacceptable Items: needles/sharps, inhalers, thermometers, aerosol cans, ointments, liquids, lotions, hydrogen peroxide, medicine from businesses or clinics

Stay In The Know by visiting stayintheknow.org

A collaborative effort of local law enforcement, local government, and the Frederick County Health Department with funding from MDH and SAMHSA, 2020.



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

FACTS ABOUT OPIOIDS

67% of teens who misuse prescription painkillers say that they got them from family or friends. Properly disposing of expired or unused medications is important to help protect your children.*

*Source: MPOS 2015

STAY IN THE KNOW

PREVENTING SUBSTANCE MISUSE IN FREDERICK COUNTY



Frederick County Health Department



Visit StayInTheKnow.org/Opioids for more information on opioid misuse

FACTS ABOUT OPIOIDS

4 out of 5 individuals who use heroin reported misusing prescription drugs first. Take medication only as directed.*

*Source: DEA.gov



STAY **IN THE KNOW**

PREVENTING SUBSTANCE MISUSE IN FREDERICK COUNTY



Frederick County Health Department

Visit StayInTheKnow.org/Opioids for more information on opioid misuse