

# Opioid Addiction Can Be Prevented

Understand How to Get Help

““ I wish there had  
been somebody in  
my life 10 years ago  
that told me about  
the risk of taking  
prescription opioids. ””

–Tamera

CDC Rx AWARENESS CAMPAIGN



**“ It is hard to ask for help. I know. I did it. And it was one of the most powerful moments of my life that I will never forget. ”** –Tamera

## Take steps to avoid opioid addiction.

- Talk to your doctor about your medical history and any other medications you are taking.
- Talk to your doctor about options for managing pain, including physical therapy, over-the-counter medications, and massage therapy.
- Take opioid medications exactly as instructed. Call your doctor if you experience any side effects or have concerns.

**Call 911 right away if you suspect an overdose.  
Give naloxone if available.**

Call SAMHSA's National Helpline at **1-800-662-HELP** or visit **[cdc.gov/RxAwareness/Treatment](https://www.cdc.gov/RxAwareness/Treatment)** to learn more.