

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.