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

–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 to learn more.