

Stand Up for Your Health

Opioid Workplace Awareness Initiative

The opioid epidemic affects people of all ages and backgrounds. However, people who work in jobs with an increased risk for work-related injury are at greater risk for opioid use disorder. You can stand up for your health by learning more about opioids and the steps you can take to stay safe and **healthy**.

Overdose deaths at work

from the non-medical use of drugs or alcohol increased

by at least

25%
annually

annually between 2013 and 2017.

Source: The Bureau of Labor Statistics

Common Effects:

Prescription opioids can have a number of serious side effects—even when taken as directed.

- Increased sensitivity to pain
- Confusion
- Depression
- Increased drug tolerance, leading to:
 - Dependency
 - Addiction
 - Abuse
 - Overdose

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What you can do to stay healthy and safe.

- Ask your doctor and dentist about alternatives to opioids for pain management.
- Ask about expected recovery time. Your doctor or pharmacist may be able to offer a smaller quantity of pills at first and then more if the pain persists.
- Use pain medications for only as long as needed.
- Never share medications with others.
- Safeguard your prescription medication.
- Keep your medication in a locked medicine cabinet or drawer.
- Safely destroy or dispose of unused medication.
- Learn the warning signs of opioid use disorder and overdose.

Common signs of substance use disorder include:

- 1 Withdrawal from activities.** A person struggling with addiction might skip work functions or discontinue other hobbies or social activities that they previously enjoyed.
- 2 Absenteeism and motivation.** Substance use disorder may also result in frequently missed days from work as well as decreased motivation on the job.
- 3 Failure to follow through on commitments.** Opioid use disorder can affect your sleep patterns and cause you to become drowsy during everyday activities which could disrupt your ability to get work done or complete other obligations.

Source: The University of Michigan

- Reduced sense of pain
- Agitation, drowsiness or sedation
- Slurred speech
- Problems with attention and memory
- Constricted pupils
- Lack of awareness or inattention to surroundings
- Problems with coordination
- Depression
- Confusion
- Constipation

Other warning signs include

Source: The Mayo Clinic

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Stand Up, Mississippi can help you find treatment and recovery. Help is available for individuals with substance use disorder. Visit ***StandUpMS.org*** or call the DMH Helpline at 1.877.210.8513 to find treatment options.