

# HELP FIGHT OPIOID ADDICTION

## WHAT YOU NEED TO KNOW ABOUT OHIO'S PRESCRIBING GUIDELINES FOR ACUTE PAIN

- Providers can prescribe opioids for no more than seven days for adults
- Providers can prescribe no more than five days of opioids for minors and only after written consent of the parent or guardian is obtained
- Morphine equivalent dose (MED) may not exceed an average of 30 MED/day
- Providers can prescribe in excess of the new limits only if a specific reason is in the patient's chart
- New limits do not apply to opioids when prescribed for cancer, palliative care, end-of-life/hospice care or medication-assisted treatment for addiction

## WHAT YOU CAN DO

- Properly dispose of medication
  - Properly dispose of medication at **D.U.M.P** Boxes in the community
  - Participate in **National Prescription Drug Take-Back Day** to rid households of any unused medication
  - Routinely clean out medicine cabinets with deactivation pouches provided by **The Summit County Community Partnership** to eliminate the risk for drug misuse
- Talk to your kids
  - Reach out to **Partnership for Drug-Free Kids**, a national initiative whose objective is to provide information to families so they can communicate more effectively with teens about drug use
- Alternatives for pain management
  - Discuss alternative ways to manage pain that don't involve prescription opioids with your doctor or ask about over-the-counter (OTC) options

## WAYS TO MANAGE PAIN WITHOUT OPIATES

- Learn deep breathing or meditation to help you relax
- Reduce stress in your life
- Boost pain relief with the natural endorphins from exercise
- Cut back on alcohol, which can worsen sleep problems
- Join a support group
- Don't smoke
- Track your pain level and activities every day
- Get a massage for chronic pain
- Eat a healthy diet

If you need help fighting addiction, call the Addiction Helpline at 330.940.1133 or for more information about what your community is doing, visit [www.summitcountyaddictionhelp.org](http://www.summitcountyaddictionhelp.org).

