



In 2017 alone there were 422 Minnesota opioid-related overdose deaths and since 2010 the rate of overdose deaths has been steadily increasing

# JOIN THE TEAM IN FIGHTING OPIOID & SUBSTANCE ABUSE

Although the opioid crisis is complex  
you can be a part of the solution!

**SEE THE SIGNS - PRACTICE SAFE MEDICATION - HELP!**

The United States is facing the most devastating drug and addiction crisis in its history. According to the Centers for Disease Control and Prevention in 2017 70,237 people died from drug and alcohol overdose in the U.S. **That includes 733 Minnesotans who lost their lives to overdose with over 400 of these involving opioids.** These largely avoidable deaths involve someone's child, parent, spouse, sibling, friend, neighbor, customer or coworker.

On top of that, 20 million Americans live with an addiction also impacting their families, friends and communities. In 2016-2017 over 300,000 Minnesota residents (nearly 7% of the over age 12 population) had a substance use disorder with 11,000 having used heroin and 194,000 misusing pain relievers.





## RECOGNIZE THE SIGNS

Addiction is a progressive disease, so it is important to intervene as early as possible. Signs of a problem may include:

### PHYSICAL SIGNS

Unusual fatigue or drowsiness, rapid weight loss, frequent constipation or nausea, decline in personal hygiene, or wearing long sleeves regardless of the season.

### BEHAVIORAL SIGNS

Unexplained absences or poor performance at school or work, loss of interest in hobbies, spending less time with friends and family, or hanging out with a new group of friends.

### INDICATORS IN THE HOME

Missing prescription medications, empty pill bottles, and paraphernalia like syringes, shoelaces or rubber hoses, kitchen spoons, aluminum foil, straws, and lighters where they don't belong.

## PRACTICE MEDICATION SAFETY

Make a difference today by practicing medication safety.

### SAFE USE

Follow your doctor's directions and take medications according to your prescription. Do not mix opioids with alcohol, and never take someone else's medications.

### SAFE STORAGE

Keep prescription medications locked away or in a secure location and always out of reach of children. Do not share medications and talk to your family about the dangers of misusing medications.

### SAFE DISPOSAL

Do not keep excess medications once you are finished using them, and help others remember this important rule. The FDA recommends returning unused medications to a drug takeback site or properly disposing of them at home. Many law enforcement locations and pharmacies have secured takeback receptacles or other disposal methods.

## RESOURCES WHEN YOU SUSPECT A PROBLEM

As in any situation, if you are worried about someone's immediate safety call 9-1-1 right away.

- **Local resources for help & treatment from the Addiction Resource Center:**  
[www.addictionresourcecenter.org/find-local-resources/minnesota](http://www.addictionresourcecenter.org/find-local-resources/minnesota)
- **What to do in a crisis from the Addiction Policy Forum:**  
[www.addictionpolicy.org/what-to-do-in-a-crisis](http://www.addictionpolicy.org/what-to-do-in-a-crisis)
- **Family support resources from the Partnership for Drug Free Kids Center For Addiction:**  
[www.drugfree.org](http://www.drugfree.org)
- **Substance abuse coping from the U.S. Substance Abuse And Mental Health Services Administration:**  
[www.samhsa.gov/families](http://www.samhsa.gov/families)

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OPIOID & SUBSTANCE ABUSE!**  
[www.mnretail.org/jointheteam](http://www.mnretail.org/jointheteam)



The Minnesota Retailers Association (MnRA) is a collection of innovative retailers and their key partners promoting, preserving and enhancing the retail industry in Minnesota by taking a significant leadership position in development of public policy and regulatory measures impacting members and their employees. MnRA works with The Rx Abuse Leadership Initiative (RALI) of Minnesota toward finding solutions to help end the opioid crisis in Minnesota. RALI Minnesota works with partners to help ensure effective prevention, treatment, and recovery resources are available. Learn more at [www.mnretail.org](http://www.mnretail.org) and [www.ralimn.org](http://www.ralimn.org). Prepared & paid for by MnRA, 400 Robert Street North #1540, St. Paul, MN.