

# Overdose from prescription medication can happen to anyone.

When taking any prescription medications, follow the directions provided by your pharmacist. Consult your pharmacist should you have any questions about the prescription. Taking precautionary measures could save your life or someone else's.

**For more information, visit [www.ddap.pa.gov](http://www.ddap.pa.gov).**



## **WHAT DOES AN OVERDOSE LOOK LIKE?**

- Slow/shallow breathing or absence of breath
- Unconsciousness or being unresponsive
- Skin, lips and fingernails: blue or greyish
- Snoring and gurgling sounds

## **HOW TO PREVENT OVERDOSE:**

- Know your health status and your tolerance.
- Pills come in different strengths. Know what pill you are taking.
- If you have been opioid free for a while and then take illegal drugs or prescription opioids/pain medication, you are more likely to overdose. Take less than you are used to.
- Do not mix opioids with other drugs, alcohol or other prescription medications (Xanax, Ativan, Valium, etc.).
- Make sure someone knows you are taking pain medication, so they can help in case you experience complications.
- Keep naloxone with you and tell friends and family where it is and how to use it.
- Ask your health care provider about naloxone.
- To reduce the danger of unintentional use, overdose and illegal use, dispose of unused/expired medication at your local drug take back box.

**For additional information and resources, visit [www.ddap.pa.gov](http://www.ddap.pa.gov) or [www.health.pa.gov](http://www.health.pa.gov).**

