



OPIOID MISUSE CAN AFFECT ANYONE.

PREVENTION CAN TOO.

What every family in Central Florida should know about preventing opioid misuse — and where to turn for help.

Most people who misuse prescription opioids first get them from a **home medicine cabinet** — their own, a family member's, or a friend's. That means prevention truly does start at home, and small steps make a real difference.

KNOW THE RISKS

- **Prescription opioids are powerful.** Even medication prescribed to you can lead to dependence when taken longer or in higher doses than directed.
- **Fake pills are everywhere.** Counterfeit pills sold online or by friends often contain fentanyl — a synthetic opioid lethal in tiny amounts. A pill not from a pharmacy is never safe.
- **Mixing multiplies danger.** Combining opioids with alcohol, benzodiazepines, or sleep aids dramatically raises overdose risk.
- **Anyone can be affected.** Opioid misuse touches every age, neighborhood, and background — it is a health issue, not a moral failing.

PREVENT MISUSE AT HOME

- 1 Take only as prescribed**
Follow the dose and schedule exactly. Ask your doctor or pharmacist about non-opioid options for pain.
- 2 Lock medications up**
Store opioids in a locked box or cabinet — out of reach of children, teens, and visitors.
- 3 Never share**
Never give your medication to anyone else, even someone with similar pain. What's safe for you can be deadly for them.
- 4 Dispose of leftovers safely**
Use a drug take-back location or a medication deactivation pouch. Don't leave unused pills in the cabinet.

**ONE PILL CAN BE FAKE.
ONE PILL CAN BE FATAL.**

Criminal drug networks press fentanyl into pills made to look exactly like oxycodone, Percocet®, Xanax®, and Adderall®. **You cannot see, smell, or taste fentanyl.** The only safe medications are the ones prescribed to you and dispensed by a licensed pharmacy. Talk with the young people in your life — honest conversations are one of the strongest prevention tools we have.

Recognize. Respond. Recover.

An overdose is a medical emergency — and it is survivable. **Knowing what to do saves lives.**

SIGNS OF AN OPIOID OVERDOSE

- Unresponsive — won't wake to voice or touch
- Slow, shallow, or stopped breathing
- Gurgling, choking, or snoring sounds
- Blue or gray lips, fingertips, or skin
- Tiny, pinpoint pupils
- Limp body, pale or clammy skin

IF YOU SUSPECT AN OVERDOSE

- 1 Call 911 immediately**
Say someone is unresponsive and not breathing well.
- 2 Give naloxone (Narcan®) if available**
Spray into one nostril. Repeat after 2–3 minutes if there's no response.
- 3 Support their breathing**
Follow the 911 dispatcher's instructions.
- 4 Stay until help arrives**
Place them on their side. Don't leave them alone.

Florida's 911 Good Samaritan Act provides legal protections for people who seek emergency help for someone experiencing an overdose.

Naloxone saves lives. Carry it.

Naloxone (Narcan®) rapidly reverses an opioid overdose and is **available in Florida without a prescription** at most pharmacies. Free naloxone and training are available through Florida's overdose prevention program at isavefl.com. If someone in your home uses opioids — prescribed or not — keep naloxone on hand.

WHERE TO FIND HELP

SAMHSA National Helpline 1-800-662-HELP (4357)

Free, confidential, 24/7 treatment referral — English & Spanish

988 Suicide & Crisis Lifeline Call or text 988

24/7 support for mental health and substance use crises

Find Treatment Near You FindTreatment.gov

Confidential locator for licensed treatment providers

Local Recovery & Anti-Stigma Resources moveintolight.org

Recovery stories, community events, and local support

ADDICTION ISN'T A CHOICE. RECOVERY IS.

A choice to use drugs is never a choice to become addicted.
Treatment works. Recovery is real. No one has to do this alone.

moveintolight.org • uplifters.org • Serving Brevard, Seminole & Osceola Counties



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Questions, partnerships & free prevention materials — contact us to connect.

