Don’t be afraid to seek help if you or a coworker need it. Reach out to someone ...family, friends, coworkers, a supervisor, doctor, Human Resources or your Employee Assistance Program.

Prescription Opioid Misuse
A growing problem that puts our safety and those around us at risk.

Recognize the signs in yourself and others:
• Small pupils
• Sleepiness or lethargy
• Complaints of constipation
• Itchy or flushed skin
• Confusion or slurred speech

Those in opioid withdrawal may:
• Be anxious or nervous
• Excessively shake, sweat or yawn
• Have a runny nose
• Experience diarrhea
• Complain of abdominal cramps
• Be achy or in pain

In 2015, in the U.S. 22,000 people died from overdoses related to painkillers.

SOURCE: Centers for Disease Control and Prevention, "Opioid Data Analysis"