

# FACTS ON OPIOID OVERDOSES

Drug overdoses killed  
**63,632**  
Americans in  
2016, 66% of  
which involved a  
prescription or illicit  
opiod.



**8 STATES,**  
including Virginia, had significant increases  
in death rates involving prescription opioids.

More Virginians now die every  
year from an overdose than in

**AUTOMOBILE  
ACCIDENTS.**



Nationally, there is an  
overdose death every  
**20 MINUTES.**

## Common types of opioids include:

Hydrocodone (Vicodin, Lortab, Lorcet)  
Morphine (Kadian, Avinza, MS Contin)  
Codeine  
Fentanyl (Duragesic)  
Hydromorphone (Dilaudid)  
Meperidine (Demerol)  
Methadone



Medical doctors and dentists often prescribe opioids after surgery to help reduce severe pain. Taken as prescribed, opioids are relatively safe and effective. However, because of the nature of these drugs, dependence and addiction are still potential risks. The risks increase when these drugs are abused. Painkillers are one of the most commonly abused drugs by teens, after tobacco, alcohol and marijuana. Parents can have a significant influence over their children's decision to use drugs or alcohol.

## How can parents help?

- Build a trusting relationship with their children, regularly discuss the risks of substance use, and model healthy behaviors for children to learn from.
- Be aware of and monitor children's risk factors. Children with a family history of addiction, a mental health condition, an impulsive/risk-taking personality, and/or a history of trauma are at greater risk of substance use and addiction.

*\* Information from CurbTheCrisis.com*