

## LOCK

**Keep medications out of sight and in a safe and secure place, such as a lock box.**

Time and distance between a suicidal person and medications, can save a life. Keep prescription medications in the original bottle with the label attached, and with the child-resistant cap secured.

## MONITOR

**Count** pills to be aware if any are missing.

## DISPOSE

**Dispose of all unused and expired prescription medications properly.**

If there are no disposal instructions listed on the packaging label, you can safely dispose of your medication in your household trash by following these four steps:

1. Mix medicine with an inedible substance like dirt, or used coffee grounds.
2. Put the mixture in a durable container, like an empty coffee tin.
3. Throw the container in your household trash.
4. Remove all personal information on the label of your empty medication bottle. Then dispose of or recycle the bottle.

## RESOURCES

### Western Idaho Community Crisis Center

524 Cleveland Blvd, Caldwell, Idaho 83605  
Call 208-402-1044

### Idaho Crisis and Suicide Hotline

Call, Chat or Text 988

### Veterans Crisis Line

Call 1-800-273-TALK (8255)  
For Veterans | Press 1

### Mobile Crisis Unit

208-459-0092

### Idaho CareLine

Call 2-1-1

### Find Help

[www.findhelp.org](http://www.findhelp.org)

Visit [phd3.idaho.gov](http://phd3.idaho.gov) to learn more about resources in your area.



**Scan here** for free drug deactivation pouches.

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Adapted from Central District Health

**PREVENT  
ACCIDENTAL &  
INTENTIONAL  
OVERDOSE**



## WHAT TO LOOK FOR

### Signs of an Opioid Overdose

- Small, constricted “pinpoint pupils”
- Unresponsive
  - Falling asleep, loss of consciousness, limp body
- Disrupted breathing
  - Slow, shallow breathing, choking or gurgling sounds
- Pale, blue, or cold skin

**Opioids** include *prescription opiates* like hydrocodone, morphine, and tramadol, and illegal *non-prescription opioids*, such as heroin and illicitly-manufactured fentanyl.

### Signs of a Stimulant Overdose

- Restlessness
- Tremors
- Rapid breathing
- Confusion
- Aggression
- Hallucinations
- Panic
- Fever
- Muscle pain & weakness

**Stimulants** include *prescription medications* like Adderall, Ritalin, and illegal *non-prescription stimulants*, such as methamphetamine and bath salts.

## SUICIDE WARNING SIGNS

### Talk

- Talking about wanting to die or to kill themselves, feeling hopeless or having no reason to live, feeling trapped or in unbearable pain, being a burden to others.

### Behavior

- Looking for suicide methods
- Previous suicide attempts
- Increasing risky behaviors including increased use of alcohol or drugs
- Physical agitation
- Change in sleep patterns; nightmares
- Withdrawing or isolating themselves

### Mood

- Acting anxious or agitated
- Outbursts of anger & rage
- Loss of interest
- Dramatic mood changes

**If these warning signs apply to you or someone you know, get help as soon as possible, especially if the behavior is new or has increased recently.**

## WHAT TO DO

### In an Overdose or Suicidal Crisis

- **Call 911**
- **Stay nearby**
- **Wait for EMS**

**Give rescue breaths** if the person is unresponsive or if there is difficulty breathing.

**Administer Naloxone** if available & suspecting opioid overdose.

**Idaho Good Samaritan Law protects people acting in good faith seeking or needing medical assistance for drug related overdose.**

**Naloxone** is a medication that can reverse an opioid overdose. Speak to your doctor or a pharmacist about naloxone. In Idaho, naloxone can be provided without a prescription and does not need to be for your own use.

**The Idaho Crisis and Suicide Hotline is available 24 hours a day, 7 days a week. [Call, chat or text at 988](tel:988) or visit [IdahoSuicidePrevention.org](https://IdahoSuicidePrevention.org).**