



MORE THAN 800 PEOPLE IN ALABAMA DIE EACH YEAR FROM OPIOIDS, INCLUDING NEW MOTHERS.<sup>1</sup>

Using opioids, even if prescribed, can have serious, sometimes deadly, side effects. Talk to your doctor about how to reduce your risks.

### Questions to ask your doctor about opioids:

1. What are common side effects of opioids? When should I seek emergency care?
2. Are there any medications or resources that can help me stop using opioids?
3. Can I breastfeed if I am using opioids?

**Visit [VitalAlabama.com](https://www.vitalalabama.com) or download the Connect Alabama app for additional resources.**



**Vital**  
Improving Wellness in Alabama

#### WHO SHOULD CARRY NALOXONE?

If you or someone you know uses opioids, even if prescribed by a physician, you should carry naloxone with you at all times.

#### HOW DO YOU REVERSE SEVERE SIDE EFFECTS OF OPIOIDS?

Narcan (naloxone) can reverse the effects of opioids. Visit [www.jcdh.org/naloxone](https://www.jcdh.org/naloxone) for more information.

#### SCAN THE QR CODE TO ORDER YOUR FREE NALOXONE KIT



<sup>1</sup> <https://www.alabamapublichealth.gov/pharmacy/overdose-response.html>