

Sonoma County Department of Health Services
Opioid Education & Safety

Did you know every 8 days someone in Sonoma County dies from an accidental drug overdose?

Nationwide, drug overdose deaths kill more people than guns or car accidents.

These tragedies are preventable.

Opioids, when taken for a few days, can address pain in the short term. But when they're taken for long periods of time they're less effective at pain relief, and can cause worsening pain despite using more medication.

Opioids are highly addictive. The longer you take them, the greater the risk.

Pain pills can also cause your breathing to slow or stop.

The bottom line is pain killers don't always kill pain but they can kill you.

Talk to your healthcare provider about the best way to manage your pain safely.

Think beyond the pill and outlive your pain.

This message is brought to you by the Sonoma County Health Action's Committee for Healthcare Improvement, a coalition of healthcare agencies from across Sonoma County. (WC - 172)