

**AS A PATIENT, YOU
CAN HELP T.A.C.K.L.E.
CECIL COUNTY'S OPIOID EPIDEMIC**

TALK

to your healthcare provider about your treatment goals. Together, make informed decisions about starting or continuing opioid treatment.

ASSESS

pain treatment goals at every visit.

CONSIDER

the safety and effectiveness of medications and alternative treatments for pain.

KEEP MONITORING

your medication's effectiveness with regular follow-ups.

LOWER

your risk of abuse. Remember, opioids are not first-line or routine therapy for chronic pain. Other options should be discussed first.

EXAMINE

your opioid prescriptions, and take all medications only as directed.

TIPS

Before taking opioid painkillers, consider less potent alternatives, like aspirin or ibuprofen.

If opioid medication is necessary, use the lowest possible dose.

Unless otherwise directed by your doctor, do not take opioids for more than three to four days at a time.

Consider adding such alternative pain treatments as meditation, physical therapy, massage, ice, heat, stretching and exercise to your regimen.

Track your pain. Take notes on how the pain started, whether you've had it before, what makes it better or worse, and what treatments you've tried.



Addiction-recovery resources are provided for free by the Cecil County Department of Health, available at REWRITEYOURSCRIPT.ORG.

Additional information and best practices for prescribing opioids for chronic pain are available at www.cdc.gov/drugoverdose/prescribing/guideline.html.