

FOR IMMEDIATE RELEASE:

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August 31 is International Overdose Awareness Day

The Regional Prevention Coordinator (RPC) would like to inform you that August 31st is International Overdose Awareness Day. An overdose means having too much of a drug, or combination of drugs, for your body to be able to cope with. All drugs can cause an overdose including those prescribed by a doctor. In the US, more than 115 people die every day from an opioid overdose and it's a huge problem right here in Oklahoma. In 2016, the number of overdose deaths involving an opioid was 5 times higher than it was in 1999.¹ Overdoses do not discriminate, however, they are 100% preventable.

As International Overdose Awareness Day approaches us, please note that it is important to remember the correct dosage of your medication, as well as which prescribed medications you should not mix; you can always ask your pharmacist. Also, remember to NEVER share your prescription medications, keep them in a secure location, and properly dispose of your medications when finished using them. We can all help prevent prescription drug overdoses by following those steps.

Red Rock RPC is funded through the Oklahoma Department of Mental Health and Substance Abuse Services. Please visit www.overdoseday.com for more information regarding International Overdose Day or call 580-323-9736.



¹ <https://okimready.org/the-epidemic/>