



Zero

UNINTENTIONAL DEATHS

NO ONE NEEDS TO DIE FROM AN UNINTENTIONAL DRUG OVERDOSE

Pain medication drugs are important. But people are dying from a lack of education about their own pain medications.

Patients: Talk before you take. Get all the answers. Know what you are taking.

Physicians: Ask questions. Know your patient before you dose.

Get involved.

www.zerodeaths.org

1. Never take a prescription painkiller unless it is prescribed to you.
2. Do not take pain medicine with alcohol.
3. Do not take more doses than prescribed.
4. Do not combine painkillers with sedatives or anti-anxiety medications unless authorized by your doctor.
5. Avoid using narcotic medications to facilitate sleep.
6. Lock up prescription painkillers.

