Do You Know the Signs of Opioid Addiction?

Opioid addiction is a growing epidemic in the United States, with opioid overdoses killing 91 Americans every day. In 2015 alone, more than 33,000 people died from an opioid overdose. Read on to learn more about opioids and to learn how to recognize the signs of opioid addiction.

What is an opioid?
According to the National Institute of Drug Abuse (NIDA), opioids are a class of drugs that act on the nervous system to relieve pain. Common opioids include the illegal drug heroin, synthetic opioids like fentanyl, and prescription painkillers like oxycodone (OxyContin), hydrocodone (Vicodin) and morphine. Continued use (and abuse) of opioids can lead to physical dependence on and addiction to these types of drugs.

What are the signs of opioid addiction?
Being familiar with the most common signs of opioid addiction can help you or someone you love get proper treatment before it is too late. Physical signs of opioid addiction include the following:

- Noticeable euphoria
- Drowsiness, confusion or intermittent nodding off
- Constricted pupils
- Slowed breathing

For more information on opioids, opioid addiction and opioid overdoses, visit the Centers for Disease Control and Prevention's or the NIDA's opioid webpage.
National Preparedness Month

Since 2004, the Federal Emergency Management Agency (FEMA) and the national Ready Campaign have promoted National Preparedness Month (NPM) every September. NPM encourages Americans to take steps to prepare for all types of emergencies and strives to increase the overall number of people, families and communities that engage in preparedness actions.

The most recent data from the Red Cross, though, reveals that despite 8 out of 10 Americans feeling unprepared for a catastrophic event, only 1 in 10 has taken the following appropriate preparedness steps:

- Create a family emergency plan.
- Stock an emergency supply and first-aid kit.
- Train in basic first aid.

Remember, you can’t plan when a disaster will occur, but you can plan ahead to be prepared if and when a disaster does strike. This September, take time to learn more about NPM and take the suggested steps to become properly prepared. For more information, please visit the NPM website.

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**MICROWAVE DENVER SCRAMBLE SLIDER**

- 1 Tbsp. red or green bell pepper (chopped)
- 1 Tbsp. onion (chopped)
- 1 egg
- 1 thin slice deli ham (chopped)
- 1 Tbsp. water
- 1 whole-wheat English muffin (split and toasted)

**PREPARATIONS**

1. Place peppers and onion in a small bowl. Microwave on high for 30 seconds. Stir.
2. Add egg, ham and water to the pepper and onion mixture. Beat mixture together until the egg is blended.
3. Microwave mixture on high for 30 seconds. Stir.
4. Microwave mixture again until egg is almost set, about 30 to 45 more seconds.
5. Carefully transfer cooked mixture to prepared English muffin. Serve warm.

Makes: 1 serving

**Nutritional Information (per serving)**

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Total Calories</td>
<td>240</td>
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<tr>
<td>Total Fat</td>
<td>6 g</td>
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<tr>
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<td>Sodium</td>
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Source: USDA

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**BASIC DISASTER SUPPLIES KIT**

- Three-day supply of one gallon of water per person per day
- Three-day supply of nonperishable food
- NOAA Weather Radio
- Flashlight
- First-aid kit
- Batteries
- Dust mask
- Wrench or pliers
- Local maps
- Cellphone

Source: www.ready.gov/kit