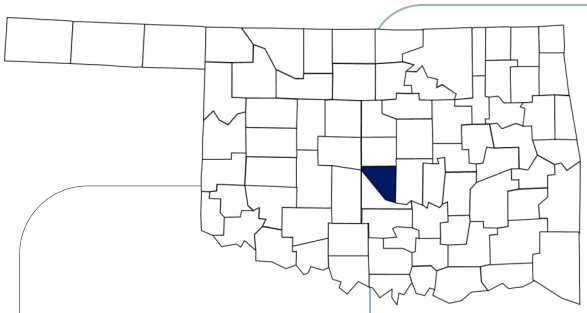

Cleveland County

Unintentional Poisoning Facts

State Facts:

- From 2007-2013, more than 4,600 Oklahomans died of an unintentional poisoning (UP).
- More Oklahoma adults age 25-64 die of UP than motor vehicle crashes or suicide.
- Opioid prescription painkillers are the most common drugs involved in UP deaths.
- Oklahoma had the sixth highest poisoning death rate in the U.S.

What is a Poisoning?

A poisoning is the ingestion, inhalation, absorption, or contact with a substance resulting in a toxic effect or bodily harm. An unintentional poisoning occurs when a person does not intend to hurt themselves or someone else. The person may intentionally be exposed to a substance (e.g., a person ingests a medication at higher than prescribed levels) but does not intend to harm themselves.

In the late 1990s the most common cause of overdose deaths became prescription drugs.

Nearly four out of five unintentional poisoning deaths in Oklahoma involve at least one prescription drug.

Number of UP deaths by type of substance, Cleveland County, 2007-2013

All unintentional poisonings	246
Prescription drugs	198
Prescription painkillers (opioids)	169
Illicit drugs	39
Alcohol	38

Most common substances* in overdose deaths, Cleveland County:

Oxycodone	Methadone
Hydrocodone	Methamphetamine
Alprazolam	Fentanyl
Alcohol	Heroin
Morphine	Carisoprodol

Cleveland County Data (2007-2013)

- Eight out of ten deaths involved at least one prescription drug.
- Nearly seven out of ten deaths involved at least one prescription painkiller.
- One out of four deaths involved at least one anti-anxiety medication.
- Males were more likely to die of an unintentional poisoning than females.
- Adults age 35-54 had the highest rate of unintentional poisoning death.
- Adults age 45-54 were nearly three times as likely to die of an unintentional poisoning compared to teens and young adults age 15-24.
- One in three people who died of an unintentional poisoning had a history of mental health problems.
- More than half of people who died had a history of substance abuse.
- Two out of three deaths occurred at a home or apartment, while one out of four occurred at a hospital.
- Lexington and Noble had the highest rates of UP death in Cleveland County.

*Top three substances in bold.

Injury Prevention Service

(405) 271-3430

http://poison.health.ok.gov

Prevention

- Take medications as prescribed, and never more than the recommended dosage
- Never share or sell prescription drugs
- Properly dispose of unused, unneeded, or expired drugs
- Keep all medication in a safe place to avoid theft
- Call **211** for help finding treatment referrals

Signs/Symptoms of an Overdose

- Won't awaken when aroused
- Bluish purple skin tones for lighter skinned people and grayish or ashen tones for darker skinned people
- Slow, shallow, erratic, or absent breathing
- Snore-like gurgling or choking sounds
- Elevated body temperature
- Vomiting
- Irrational behavior or confusion

Emergency: Call 911 immediately if you suspect someone is overdosing.

Common Generic/ Brand Name Prescription Drugs

Generic	Brand Name
Alprazolam	Xanax
Carisoprodol	Soma
Cyclobenzaprine	Flexeril, Fexmid
Diazepam	Valium
Fentanyl	Duragesic patch
Hydrocodone	Lortab, Norco, Vicodin
Methadone	Diskets, Methadose
Morphine	MS Contin, Kadian, Avinza
Oxycodone	OxyContin, Percocet, Endocet
Tramadol	Ultram, Rybix, Ryzolt
Zolpidem	Ambien, Intermezzo

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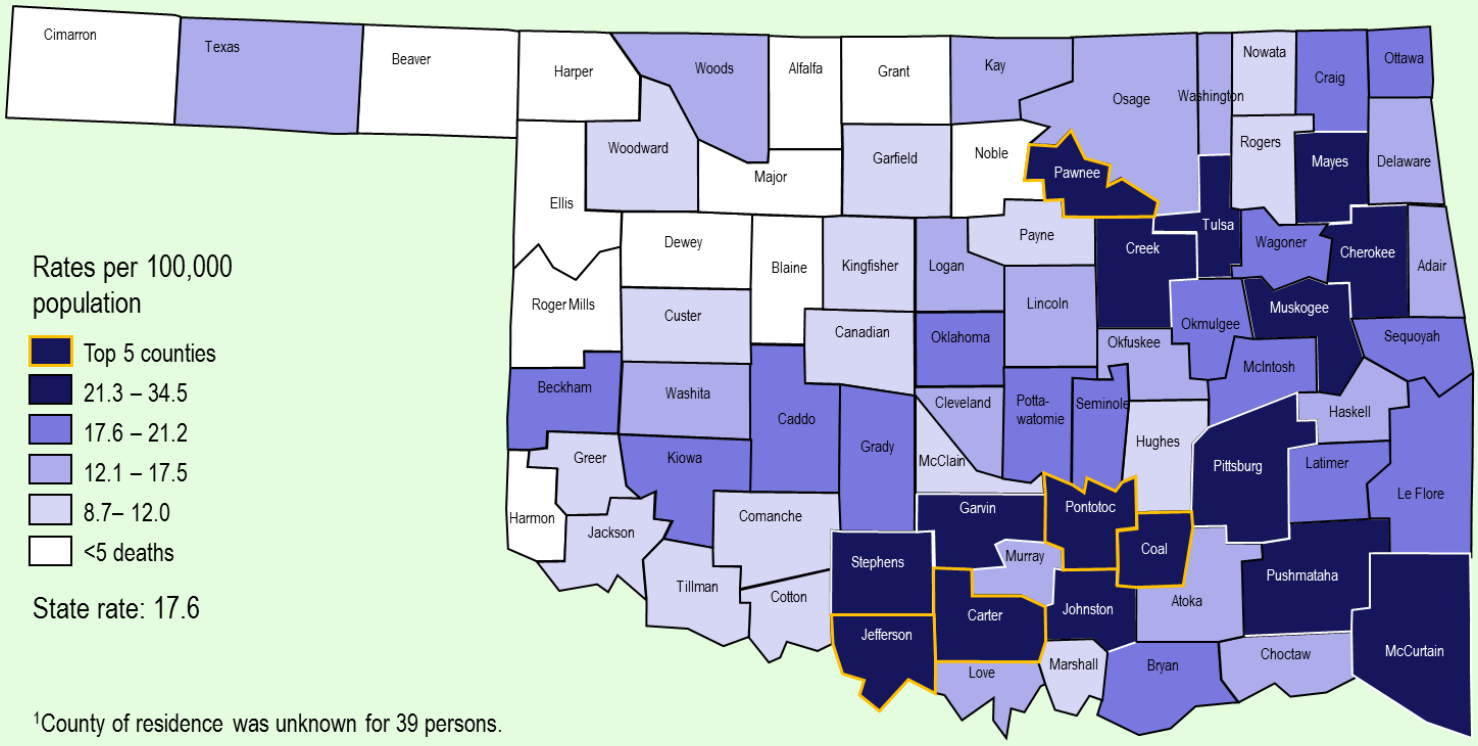
Unintentional Poisoning Death Rates by County of Residence[1], Oklahoma, 2007-2013



[1]County of residence was unknown for 39 persons.

Source: OSDH, Injury Prevention Service, Unintentional Poisonings Database (Abstracted from Medical Examiner reports)