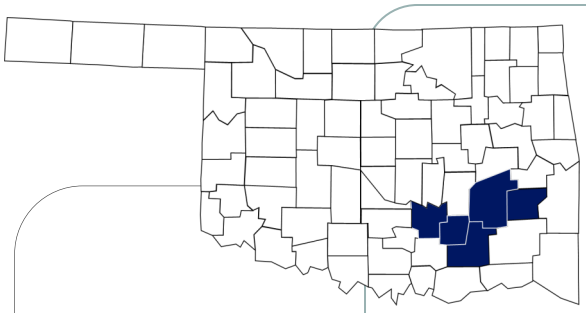

Atoka, Coal, Latimer, Pittsburg, Pontotoc Counties

Unintentional Poisoning Facts

State Facts:

- From 2007-2012, nearly 3,900 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 fifth 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.

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

Number of UP deaths by type of substance, select counties†, 2007-2012

All unintentional poisonings	164
Prescription drugs	131
Prescription painkillers (opioids)	106
Illicit drugs	21
Alcohol	23

Most common substances* in overdose deaths, select counties†:

Hydrocodone	Morphine
Alprazolam	Methamphetamine
Oxycodone	Diazepam
Alcohol	Tramadol
Methadone	Fentanyl

Atoka, Coal, Latimer, Pittsburg, Pontotoc County Data (2007-2012)

- All five counties were higher than the state rate; three were in the top five: Pontotoc County had the 2nd highest unintentional poisoning death rate in the state, followed by Coal County (3rd), and Pittsburg County (5th).
- Eight out of ten deaths involved at least one prescription drug.
- 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 35-44 were more than twice 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.
- Two out of three people who died had a history of substance abuse.
- Two out of three deaths occurred at a home or apartment, while three in ten occurred at a hospital.

*Top three substances in bold. †Atoka, Coal, Latimer, Pittsburg, Pontotoc Counties

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

(SIGNATURE)

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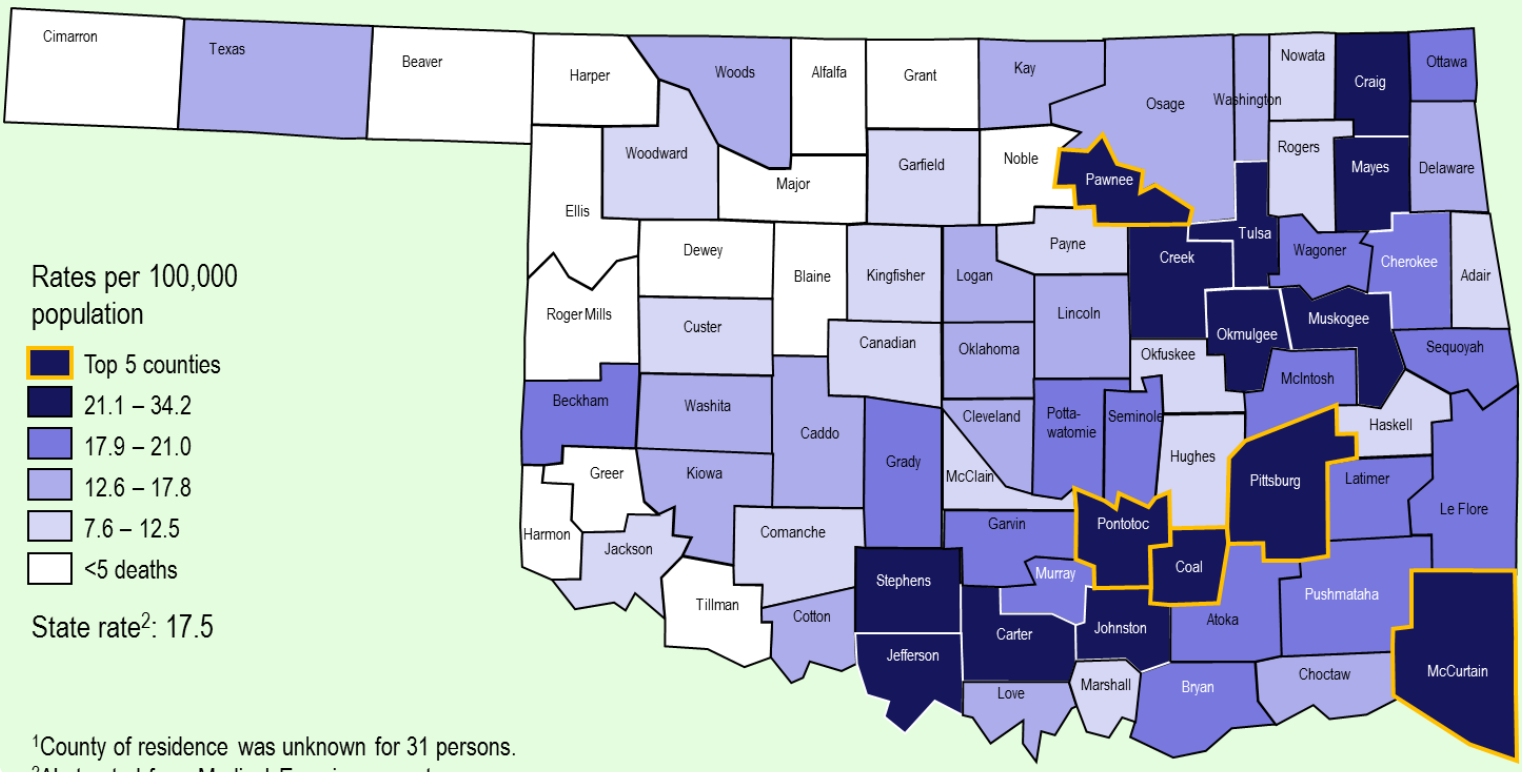
Unintentional Poisoning Death Rates by County of Residence[1], Oklahoma, 2007-2012[2]



[1]County of residence was unknown for 31 persons.
[2]Abstracted from Medical Examiner reports