

Atoka, Coal, Haskell, Latimer, Pittsburg Counties

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, select counties†, 2007-2013

All unintentional poisonings	131
Prescription drugs	103
Prescription painkillers (opioids)	86
Illicit drugs	23
Alcohol	18

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

Morphine	Alprazolam
Hydrocodone	Diazepam
Methamphetamine	Fentanyl
Methadone	Oxycodone
Alcohol	Tramadol

Injury Prevention Service

(405) 271-3430

<http://poison.health.ok.gov>



Atoka, Coal, Haskell, Latimer, Pittsburg County Data (2007-2013)

- Coal County had the 2nd highest unintentional poisoning death rate in the state; Pittsburg County had the 8th highest unintentional poisoning death rate.
- Nearly eight out of ten deaths involved at least one prescription drug.
- Two out of three deaths involved at least one prescription painkiller.
- Males were more than 50% 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 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.
- Six out of ten people who died had a history of substance abuse.
- More than half of deaths occurred at a home or apartment, while one in three occurred at a hospital.

*Top three substances in bold.

†Atoka, Coal, Haskell, Latimer, and Pittsburg Counties

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.



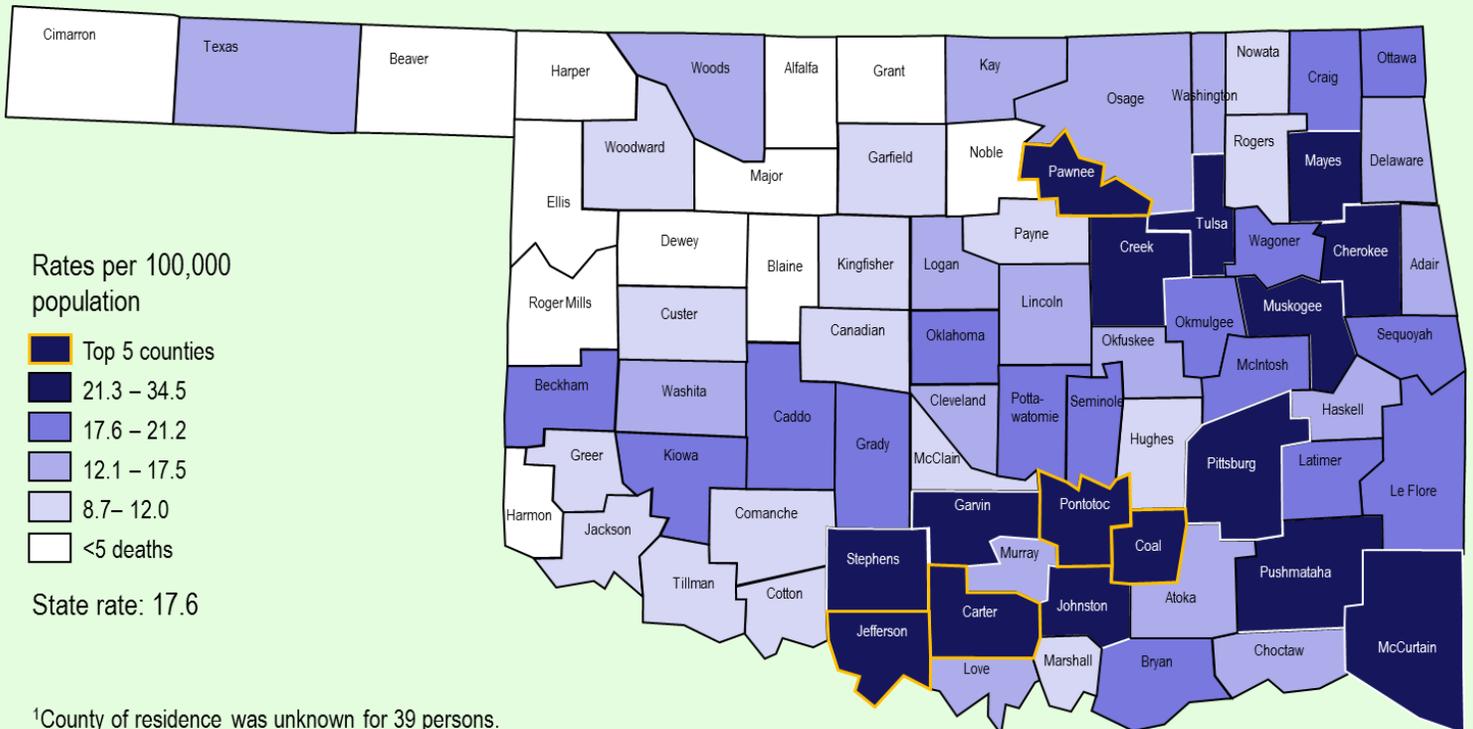
Common Generic/ Brand Name Prescription Drugs

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

(SIGNATURE)

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Unintentional Poisoning Death Rates by County of Residence¹, Oklahoma, 2007-2013



¹County of residence was unknown for 39 persons.

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