

# McCurtain 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 in McCurtain County by type of substance, 2007-2013**

All unintentional poisonings	56
Prescription drugs	45
Prescription painkillers (opioids)	40
Illicit drugs	12
Alcohol	<5

**Most common substances\* in McCurtain County UP deaths:**

<b>Hydrocodone</b>	Tramadol
<b>Methamphetamine</b>	Alcohol
<b>Alprazolam</b>	Carisoprodol
Methadone	Oxycodone
Fentanyl	Morphine

### Injury Prevention Service

(405) 271-3430

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



### McCurtain County Data (2007-2013)

- From 2007-2013, there were 56 unintentional poisoning deaths in McCurtain County.
- McCurtain County had the sixth highest unintentional poisoning death rate in the state.
- Seven out of ten deaths involved a prescription painkiller.
- 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 six times as likely to die of an unintentional poisoning compared to children and adults age 0-34.
- Nearly three out of ten 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.
- Seven out of ten deaths occurred at a home or apartment, while one in four occurred at a hospital.

\*Top three substances in bold.

## 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.**



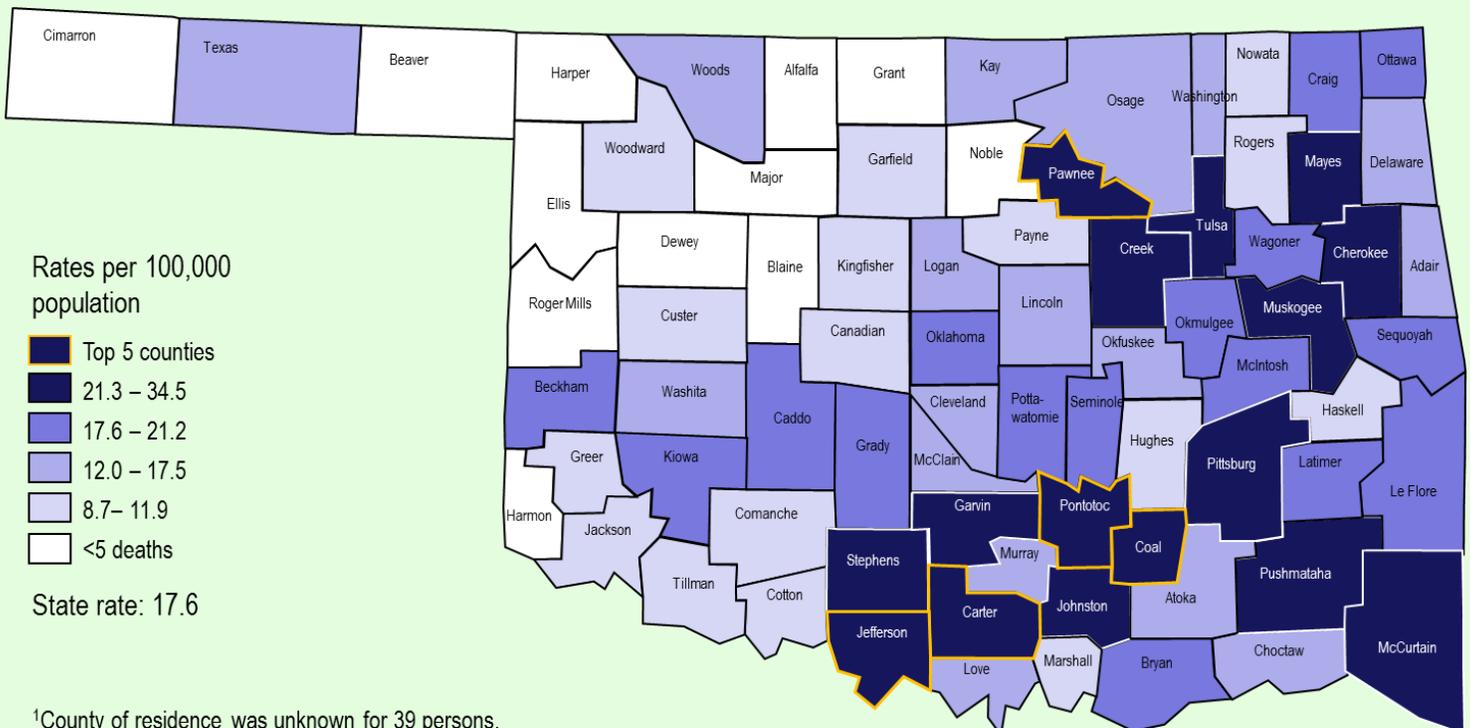
## Common Generic/ Brand Name Prescription Drugs

<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 Residence<sup>1</sup>, Oklahoma, 2007-2013



<sup>1</sup>County of residence was unknown for 39 persons.

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