Unintentional Prescription Drug Overdose Deaths\(^1\)

Compared to Other Leading Causes of Death\(^2\)
for Adults Age 35-54, Oklahoma, 2013-2017

Unintentional Overdose Deaths\(^1\)
Oklahoma, 2013-2017

*Decedents under age 15 and over age 74 were excluded due to a small number of cases (<1% of all overdose deaths)

PRESCRIPTION DRUG OVERDOSE IN OKLAHOMA

Injury Prevention Service
Oklahoma State Department of Health
(405) 271-3430
http://poison.health.ok.gov

2. OSDH, Center for Health Statistics, Vital Statistics.
Of the more than 700 unintentional poisoning deaths in Oklahoma each year, six out of ten involve at least one prescription drug. Prescription opioids are the most common class of drugs involved in overdose deaths in Oklahoma (involved in 85% of prescription drug-related overdose deaths).

**PREVENTION TIPS:**

- Only take medications as prescribed and never take more than the recommended dosage.
- Never share or sell your prescription drugs.
- Dispose of unused, unneeded or expired prescription drugs. To find a local drop box, visit [https://portal.obn.ok.gov/takeback](https://portal.obn.ok.gov/takeback)
- Keep all pain medications in a safe place to avoid theft and access to children.
- Keep medicines in their original bottles or containers.

**Signs and Symptoms of a Drug Overdose Emergency**

- 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 sound
- Elevated body temperature
- Vomiting
- Irrational behavior or confusion

*Signs and symptoms of an overdose may differ depending upon the type of drug consumed.*

**DO NOT:**

- Allow the victim to “sleep it off.”
- Put the victim in a bath or shower.
- Leave the victim alone.
- Postpone calling 911 to clean up the scene.
- Treat the victim with home remedies – they do not work and often postpone potentially life-saving medical treatment.

For help finding treatment referrals, call **211**

If you suspect someone is experiencing an overdose, react to this true medical emergency by calling **911 immediately**.