Your child has been provided a prescription for an opioid medication. Opioid medications may be used for pain relief after certain injuries, surgery, and some chronic health conditions. Proper Use, Storage and Disposal of opioid medications can help prevent accidental overdose or misuse.

**Use**
- Read the prescription label and use the opioid medication only as directed.
- Over-the-counter pain relievers like acetaminophen (Tylenol®) or ibuprofen (Motrin®) may also be recommended.
- Massage, heat, ice, relaxation and deep breathing can also help reduce pain.
- In some cases, your child may also be prescribed Narcan® (naloxone), a medication used to treat an opioid overdose. Please read the instructions so you know the signs of an overdose and how to use this medicine, if needed.

**Storage**
- Know where your child’s opioid medication is at all times.
- Keep a count of how many pills are in the prescription bottle.
- Always keep this medicine in a locked cabinet or lockbox and out of the reach of children.

**Disposal**
- Dispose of any unused opioid medication immediately when it is no longer needed.
- Mix unused pills (do not crush) with dirt and dish detergent in a sealed plastic bag. Throw the bag away in your household trash.

**Questions**
- CHKD: (757) 668-7700
- FDA (Food and Drug Administration): 1-800-543-3784

**Emergency Contacts**
- Poison Control Center: 1-800-222-1222 (store this number on your phone)
- Call 911 immediately if anyone taking an opioid medication collapses, has a seizure, has trouble breathing, or can’t be awakened.

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