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Did you know?

! Deaths from heroin increased 328% between 2010 and 2015, and drug deaths from fentanyl and other synthetic opioids are now seeing a sharp rise as well. More Americans die from drug overdoses than in car crashes, and this increasing trend is driven by Rx painkillers.

! A 2017 study found most teens who misused prescription opioids first received the medicine from a doctor.

¥ Have conversation with teen about risk of opioid use and risks

¥ Monitor prescription dosages and refills

¥ Seek alternatives for pain management with non addictive drugs like Advil, Motrin etc and physical therapy

¥ Practice Self Care

¥ If you think your child needs help get an evaluation and see treatment options.

¥ Naloxone!Narcan" is a medication that reverses overdose.

¥ Opioid Epidemic Guide [Link](#)

Future Important Dates:

Deadline for

Schedule changes 2/1

Early Dismissal 2/15