

# 6 Facts about overdose in South Dakota

## 1 Most are unintentional.

**Over 90%** of overdose deaths are accidents. Misusing prescriptions or mixing with alcohol or other drugs can be deadly.

## 2 Young people are most at-risk.

Emergency room visits for suspected drug overdose have **increased dramatically**. Drug-related deaths are highest among 25-34 year-olds but overdoses among kids 15-24 are also alarmingly high.

## 3 If it's not prescribed to you—it's not safe.

**If you don't take medication as prescribed**, if it's not purchased from a pharmacy, or if you get it from a friend or family member, **you can overdose**.

## 4 Counterfeit pills are widely available and increasingly deadly.

**Fake prescription pills** are easy to get on social media—making them available to anyone with a smartphone, including teens and young adults.

## 5 You can't tell real prescription medication from fake by looks.

**Counterfeit pills are made to look real**. The average person cannot tell the difference between a real pill and a fake pill.

## 6 Counterfeit pills often contain lethal amounts of FENTANYL.

A tiny amount of fentanyl—**as little as 3 grains of salt**—**can be fatal**. Fake pills are also being laced with other dangerous drugs like methamphetamine and cocaine.

Scan to learn the differences between real and fake pills.

[AvoidOpioidSD.com/counterfeit-drugs](https://AvoidOpioidSD.com/counterfeit-drugs)



# 5 ways to help Prevent Overdose

**Talk about it. Over and over.** Most kids already know drugs are bad, but honest and frequent conversations about the serious risks can make a huge difference. Young people are listening even when you don't think they are. **Here are some key talking points:**

- 1 Buying drugs online, from a friend, or off the street are equally dangerous.**  
They can contain harmful substances that **can be fatal**.
- 2 One pill really can kill.**  
Counterfeit pills are more common and **lethal** than ever before. **Most people cannot tell the difference between real and fake pills.**
- 3 Prescription drugs should only be taken by the person they were prescribed for.**  
Prescriptions should **NEVER be shared**. If it's not prescribed to you and isn't from a pharmacy, it's not safe.
- 4 Learn where to get naloxone & how to use it.**  
Naloxone is safe and can **reverse an opioid overdose**.
- 5 There are better ways to manage stress.**  
**Talk to your kids** about anxiety, depression, boredom, or wanting to do better in school, and connect them to services and support for help.

## Addiction is a disease, not a character flaw.

There are many ways to **treat** substance use disorders. **If you think someone might be struggling, don't wait—ask if you can help.**



Learn more at [AvoidOpioidSD.com](https://AvoidOpioidSD.com)  
[AvoidOpioidSD.com/prevention](https://AvoidOpioidSD.com/prevention)

