WHAT YOU NEED TO KNOW ABOUT OHIO'S PRESCRIBING GUIDELINES FOR ACUTE PAIN

• Providers can prescribe opioids for no more than seven days for adults
• Providers can prescribe no more than five days of opioids for minors and only after written consent of the parent or guardian is obtained
• Morphine equivalent dose (MED) may not exceed an average of 30 MED/day
• Providers can prescribe in excess of the new limits only if a specific reason is in the patient's chart
• New limits do not apply to opioids when prescribed for cancer, palliative care, end-of-life/hospice care or medication-assisted treatment for addiction

WHAT YOU CAN DO

• Properly dispose of medication
  - Properly dispose of medication at D.U.M.P Boxes in the community
  - Participate in National Prescription Drug Take-Back Day to rid households of any unused medication
  - Routinely clean out medicine cabinets with deactivation pouches provided by The Summit County Community Partnership to eliminate the risk for drug misuse
• Talk to your kids
  - Reach out to Partnership for Drug-Free Kids, a national initiative whose objective is to provide information to families so they can communicate more effectively with teens about drug use
• Alternatives for pain management
  - Discuss alternative ways to manage pain that don’t involve prescription opioids with your doctor or ask about over-the-counter (OTC) options

WAYS TO MANAGE PAIN WITHOUT OPIATES

• Learn deep breathing or meditation to help you relax
• Reduce stress in your life
• Boost pain relief with the natural endorphins from exercise
• Cut back on alcohol, which can worsen sleep problems
• Join a support group
• Don’t smoke
• Track your pain level and activities every day
• Get a massage for chronic pain
• Eat a healthy diet

If you need help fighting addiction, call the Addiction Helpline at 330.940.1133 or for more information about what your community is doing, visit www.summitcountyaddictionhelp.org.