

Each week, 13 Oklahomans die of an unintentional poisoning.

Many unintentional poisonings happen in predictable, preventable ways.

Only take medications prescribed to you and never take more than the recommended dosage.

Poison Center
1-800-222-1222

Live Injury-Free!

Unintentional Poisonings

- Unintentional poisoning is the leading cause of injury death in Oklahoma, followed by motor vehicle crashes.
- Poisonings can be caused by many substances, including prescription drugs, illegal drugs, alcohol, carbon monoxide, chemicals, and even water.
- More than three out of four unintentional poisoning deaths involve prescription drugs.
- Other common substances involved in unintentional poisoning deaths are methamphetamine, alcohol, and cocaine.
- Prescription painkillers (opioids) are 4 of the top 5 medications responsible for unintentional poisoning deaths of Oklahomans.
- More unintentional poisoning deaths involve hydrocodone or oxycodone than all illegal drugs and alcohol combined.
- Oklahoma has one of the highest rates in the nation of prescribing opioid painkillers.
- Adults aged 35-54 have the highest rates of unintentional poisoning death.
- Men are much more likely to die of an unintentional poisoning compared to women; however, women aged 45 and older have higher unintentional prescription drug-related overdose mortality rates than men.

Prevention

- If you suspect someone is experiencing an overdose, react to this **true medical emergency** by calling **911** immediately.
- 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 at your local drop box. To find a location near you, visit: <https://portal.obn.ok.gov/takeback>
- Keep pain medications in a **safe place** to avoid theft and access to children.
- Keep medicines in their **original bottles** or containers.
- **Never drink** alcohol while taking medication.
- Call **211** for help finding treatment referrals.
- Put the poison center number, **1-800-222-1222**, on or near every home telephone and save it on your cell phone. The line is open 24 hours a day, 7 days a week.

Internet Resources

- Injury Prevention Service Poisoning Prevention Information – <http://poison.health.ok.gov>
- Centers for Disease Control and Prevention - www.cdc.gov/DrugOverdose
- Oklahoma Center for Poison and Drug Information - www.oklahomapoison.org
- Take as Prescribed -- <http://takeasprescribed.org/>