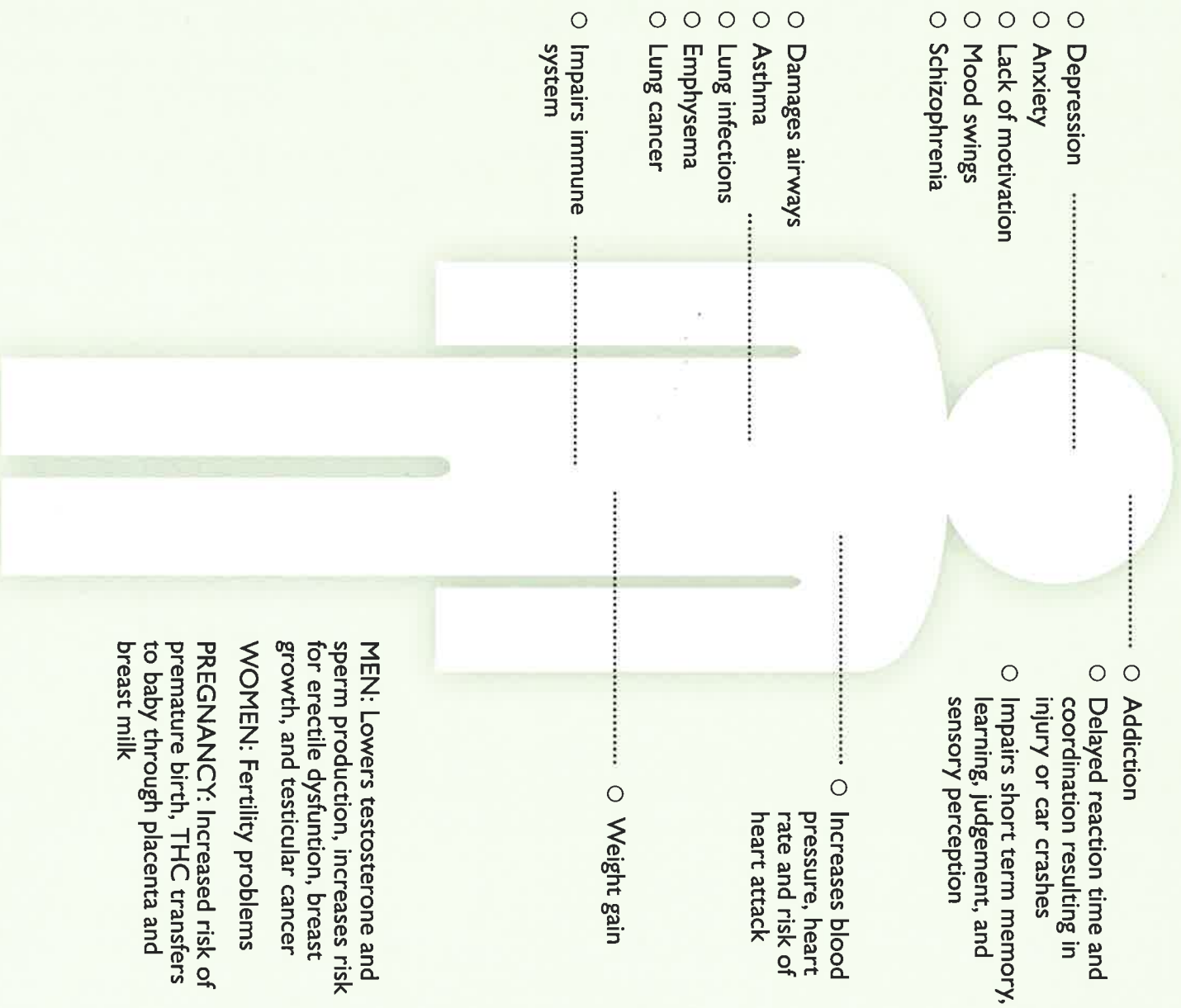


Marijuana know the facts

What are the risks of marijuana use?



Need help?

For free referrals and emotional support:
Washington Recovery Help Line
1-866-789-1511
Teen Link
1-866-833-6546

Quick facts

- Just like alcohol, marijuana has health and safety risks.
- Just like alcohol, marijuana can damage the developing brain. Avoid using if pregnant, nursing or under 21.

One in Ten

People who use marijuana will become addicted

5x

Increased risk of heart attack in the first hour after smoking

40%

Increased risk for psychosis



Get more facts at: www.LearnAboutMarijuanaWA.org

How does your use affect you?
Check yourself at www.drugscreening.org

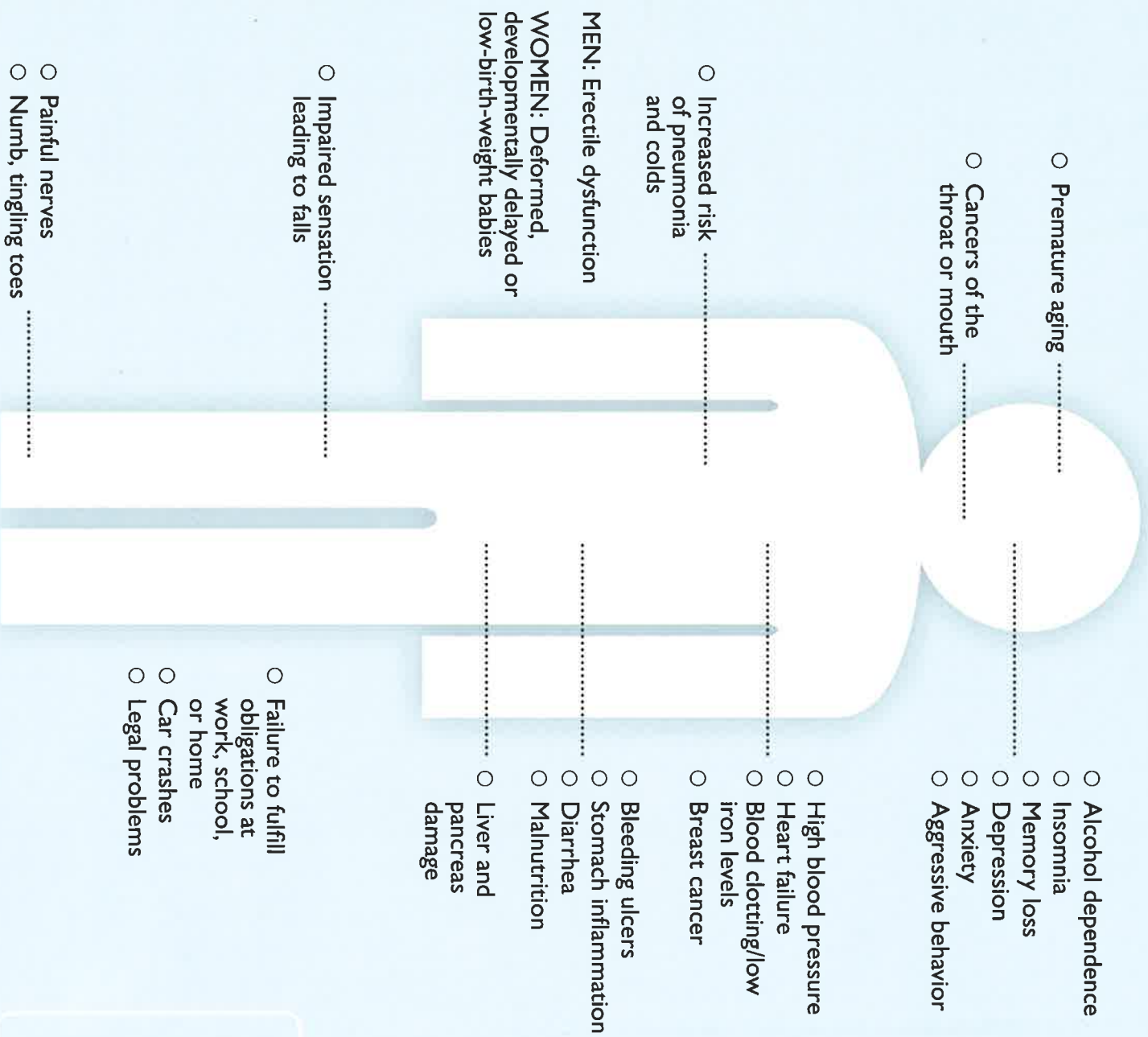
Washington Recovery Help Line
24/7 Help for Substance Abuse Problems. Call today to get help.
866-789-1511
www.waRecoveryHelpLine.org

wasbirt-pci
Screening, Brief Intervention and Referral to Treatment
Primary Care Integration
www.wasbirt.com

Washington State Department of Social & Health Services
Transforming Lives
DSHS 24-471 (7/14)

Alcohol / know the facts

What are the risks of drinking too much?



Need help?
 For free referrals and emotional support:
 Washington Recovery Help Line
 1-866-789-1511
 Teen Link
 1-866-833-6546

What is a standard drink?



Low-risk drinking guidelines

	Men	Women	All 66+
Per Day	4	3	3
Per Week	14	7	7

- If you drink more than this, ask your doctor about ways to cut down.
- Avoid alcohol if pregnant or under 21.

How does your use affect you?
 Check yourself at www.alcoholscreening.org

Washington Recovery Help Line
 24/7 Help for Substance Abuse, Mental Health, and Co-occurring Issues
 866-789-1511
www.waRecoveryHelpLine.org

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Washington State Department of Social & Health Services
 Transforming lives
 DSHS 24-470 (7/14)

Prescription Opioids know the facts

What are the risks of misusing prescription pain relievers (opioids)?

Talk with your health care provider about all the prescription drugs you take.

- Mental confusion
- Drowsiness
- Changes in brain that build tolerance, leading to dependence

- Infectious diseases such as HIV, Hepatitis B and Hepatitis C if injected

- Increased and/or decreased blood pressure

- Slow, irregular breathing that can be fatal

- Constipation
- Cramping
- Nausea

- HIV and other sexually transmitted infections from unsafe sex while intoxicated

WITHDRAWAL SYMPTOMS:
Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps, kicking movements, severe craving that can lead to relapse

TOTAL BODY EFFECTS:
Euphoria, warm flushing, poor nutrition, fatal overdose

PREGNANCY AND INFANTS:
Miscarriage, low birth weight, developmental delays, addiction in infants

Symptoms of overdose

**COLD/CLAMMY SKIN DRY MOUTH
WEAK PULSE DROWSINESS LOW
BLOOD PRESSURE COMA BLUE
NAILS AND LIPS MUSCLE SPASMS
DISORIENTATION VOMITING
NON RESPONSIVE SEIZURES
SMALL PUPILS NO BREATHING OR
SHALLOW BREATHING**

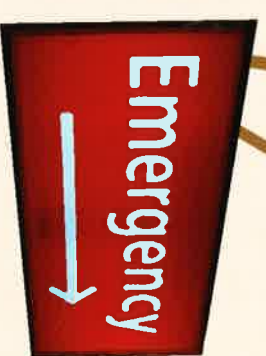
Need help?

For free referrals and emotional support:
Washington Recovery Help Line
1-866-789-1511
Teen Link
1-866-833-6546

Quick facts

- Prescription opioids are medications that relieve pain.
- They can be addictive if not used as directed by your doctor.
- More people die from opioid overdoses than from any other drug.

nearly **17** thousand



Nearly 17,000 people die each year from prescription pain reliever overdoses.



75 percent of ALL prescription drug overdoses are from opioids.

Lock up your meds and safely discard them. Visit: www.TakeBackYourMeds.org

How does your use affect you?

Check yourself at www.drugscreening.org

Washington Recovery Help Line
24-Hr Help for Substance Abuse, Mental Health, and Medical Issues
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www.waRecoveryHelpLine.org

wasbirt·pci
Screening, Brief Intervention and Referral to Treatment
Primary Care Integration
www.wasbirt.com

Washington State Department of Social & Health Services
Transforming Lives
DSHS 24-472 (7/14)