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Drug Overdoses are the Leading Cause of Injury Deaths in the U.S.

August 31st is International Overdose Awareness Day

Eau Claire, WI – August 30, 2019 – Drug overdose has surpassed car accident deaths as the leading cause of injury-related deaths in the United States. Nationally, 174 people die **each day** from an overdose. Many of these deaths are due to opioids (prescription painkillers or heroin). Our community, much like others in the nation, is impacted by drug overdose. In 2017, 1,171 Wisconsin residents lost their life to a drug overdose.

Across the world, August 31st is designated as International Overdose Awareness Day. The goal is to raise awareness and lessen the stigma of a drug-related death. It's a day of remembrance for families and friends impacted by drug overdose. Overdose Awareness Day is also a time to highlight steps we can all take to prevent drug overdose.

Here are some ways that you can help prevent prescription misuse:

- **Get a personal medicine lockbox.** Store prescription medication in a locked location that is out of sight.
- **Dispose of your unused or expired medication** at one of the permanent drop boxes in Eau Claire County <https://bit.ly/RXDropBox> or use a drug deactivation system. Contact the health department for more information.
- **Keep track** of your medication by counting your pills.

“Overdose can affect anybody. One message of this day, the people who we have lost due to an overdose are our sons, daughters, mothers, fathers, brothers and sisters – they are loved, and they are missed,” says Sarah Dillivan-Pospisil, Community Health Educator.

To learn more about substance misuse, visit www.getinvolvedasap.org or <http://doseofrealitywi.gov/>



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