



THE WHITE HOUSE
WASHINGTON

FROM THE Office of National Drug Control Policy

Dear Friend,

Every day, [100 people die from drug overdoses in America](#), and about half of those deaths involve opioid drugs—including prescription painkillers and heroin.

The good news is that **every overdose is preventable**.

Over the past four years, we've worked hard to bring real solutions to this public health and safety crisis. We've [dramatically expanded treatment access](#) to millions through the Affordable Care Act to help provide more Americans suffering from substance use disorders with evidence-based treatment, including medication assisted therapy.

We're encouraging the medical community [to learn the signs and symptoms of problematic drug use and intervene](#) before substance use becomes a chronic condition. We're bringing law enforcement and health officials together to support the use of innovative tools [like naloxone](#), an amazing overdose reversal drug that's easy to administer and has already saved thousands of lives.

But there's more to do, and we're asking for your help.

Here are four actions you can take—right now—to prevent the next opioid overdose death. [Will you please share them?](#)

1. If you know someone struggling with the disease of addiction, let them know help is available. [Give them the treatment referral line phone number: 1-800-662-HELP \(4357\)](#). It's open 24 hours a day, 7 days a week.
2. Learn the signs and symptoms of an overdose, and what actions to take. [Download and print this simple pocket card](#) that explains how to resuscitate someone who's overdosing.
3. Get rid of all unused, expired, or unneeded prescription drugs at home. [Here are instructions](#) on how to dispose of unused medicines. The [DEA is also hosting a National Take-Back Day on April 26](#)—find a take-back site in your neighborhood.
4. Download and share [this helpful guide](#) on how to prevent opioid deaths in your community. The guide contains tips and steps that first responders, prescribers, people in recovery and their family members can take to save lives.

[Please share these four steps with others.](#)

No one person can end this overdose epidemic alone, but together, **we can—and will—save lives**.

Thank you,

Gil Kerlikowske, Director, National Drug Control Policy