

CIAAG's First Aid Kit



1

First Remain Calm!

When facing losing your medications it is important to remain calm! Take a deep breath and call your caretaker, spouse or a trusted friend to let them know you are in **medical duress**.



2

Look up YOUR State & Federal Officials

Go to: <https://www.ciaag.net/legislative-contacts.html>
Scroll to your State and click on each Legislative Body to find all 8 Reps listed.



3

Call YOUR State & Federal Officials

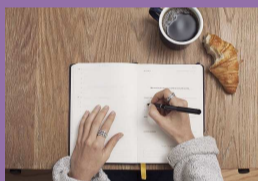
Call your direct State & Federal Representatives and let them know your Civil and Human Rights are being violated. **There is NO law stating chronic pain patients cannot have medicine!**



4

Call & Write the local news!

Your local paper can be powerful! Although this will not restore your access to medicine; it will expose the abuse taking place in your care and alert the general public. The more the news hears from us the better!
The Media is our friend!



5

Write it down!

As *soon* as your doctor indicates they are going to take your access to medicines away: **Write it Down!** It is important to diary exactly what happen and continue to document every incident with date & time. **Document, document, document!**



6

Call YOUR State & Federal Officials, again...

Sadly, your Representatives may not respond but persistence is needed! Until this is fixed you should reach out to your Representatives as well as Health & Human Services and the Attorney General's office every single day! **#PERSIST**



7

Reach out!

Although we at CIAAG cannot directly assist with accessing medicines our group was formed to advocate for this issue, so reach out to us using **#CPPSVote (Tag ALL Your Reps) - Shot out what is going on!** This alerts the entire community you are in trouble (as well as publicly calling out your reps!)



8

Call your Foundation!

Do you suffer a rare disease or illness? Call your Foundation and let them know of your plight. Although, they too are unable to directly assist you, letting them know you are in trouble puts this issue on the Foundations radar that their patients are in trouble. Even direct them to reach out to CIAAG!



9

Call your Caretaker, spouse or relative

If you are facing a loss of your opioid medications it is imperative you keep yourself closely monitored by your caretaker or other individual capable of being with you for the next week or two while you go through this. **Go to the nearest Emergency Room if you feel unsafe or in danger!**



10

Don't Give Up!

We know you may feel scared, maybe event hopeless. But, there is always hope! If you are feeling suicidal please reach out to the Suicide Hotline: 1-800-273-TALK (8255)