

# one

simple

step

## lock up your meds

Opioids are now one of the leading causes of injury-related deaths in Washington State.<sup>1</sup>

75 percent of opioid misuse starts with people using medication that wasn't prescribed for them—usually taken from a friend or family member.<sup>2</sup>

Simple steps, like locking up medications, can stop them from being misused.

### STOP OPIOID ABUSE Your choices matter

- ✓ Prescription pain medication is highly addictive. Talk with your doctor about other ways to manage pain.
- ✓ Lock up your medications.
- ✓ Safely dispose of unused medications at a take-back program near you. Find one at [TakeBackYourMeds.org](https://www.TakeBackYourMeds.org).

Learn more at

**[GetTheFactsRx.com](https://www.GetTheFactsRx.com)**

<sup>1</sup>Source: Washington State Department of Health

<sup>2</sup>Source: Substance Abuse and Mental Health Services Administration

# Dad

## honest conversation

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You can be the one to help keep your family safe. Talk with your kids and share the facts with other parents.

### **STOP OPIOID ABUSE** Your influence matters

- ✓ Kids are 50 percent less likely to use drugs when parents tell them about the risks.<sup>2</sup>
- ✓ Talk to your kids about the risks of opioid abuse.
- ✓ Encourage your kids to talk with their doctor about other ways to treat pain.
- ✓ Lock up your medications.
- ✓ Dispose of unused medications safely at a take-back program near you. Find one at **TakeBackYourMeds.org**.

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<sup>1</sup>Source: Washington State Department of Health

<sup>2</sup>Source: Substance Abuse and Mental Health Services Administration



# no more

## act of courage

Opioids are now one of the leading causes of injury-related deaths in Washington State. More people die from overdose than from car crashes.<sup>1</sup>

Opioids negatively affect the reward center in the brain. Over time, a user needs more and more. This makes them highly addictive.<sup>2</sup>

You can make a difference.  
Help a friend. Share the facts.

### **STOP OPIOID ABUSE** Your choices matter

- ✓ If you are prescribed an opioid, talk with your doctor about other options.
- ✓ Never share an opioid prescription with someone else.
- ✓ Treatment works. If you think you need help, call Washington Recovery Help Line at 1 (866) 789-1511.
- ✓ Dispose of unused medications safely at a take-back program near you. Find one at [TakeBackYourMeds.org](http://TakeBackYourMeds.org).

Learn more at  
**[GetTheFactsRx.com](http://GetTheFactsRx.com)**

<sup>1</sup>Source: Washington State Department of Health  
<sup>2</sup>Source: National Institute on Drug Abuse for Teens