

one

simple

step

lock up your meds

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

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

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)

¹Source: Washington State Department of Health

²Source: Substance Abuse and Mental Health Services Administration



Dad

honest conversation

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

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

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.²
- ✓ 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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²Source: 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.¹

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

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.

Learn more at
GetTheFactsRx.com

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