

# one simple step

## STOP OPIOID MISUSE

**You can be the one to keep your family safe.**

It begins with one step. One act of courage. One honest conversation.

When it comes to preventing opioid misuse, you can make a difference. Talk with your loved ones and share the facts.



Nearly half of people misusing pain relievers, including prescription opioids, get them from a friend or family member.<sup>1</sup>



Young people in Washington say that their parents are one of the biggest influences on their decision to use or not use drugs.<sup>2</sup>



Safely storing your opioid prescriptions in a locking bag, safe or lock box in your home can protect your loved ones and prevent opioid misuse before it starts.

## YOUR INFLUENCE MATTERS

Lock up your medications.

Talk with your loved ones about the risks of opioid misuse.

Talk with your doctor about other ways to manage pain. Encourage your loved ones to do the same.

Dispose of unused medications safely at a pharmacy location near you. Find one at [MedTakeBackWashington.org](https://www.MedTakeBackWashington.org).

# KNOW THE FACTS

## What is an Opioid?

Opioids are a specific class of drugs commonly used to reduce pain.

Opioids prescribed by doctors include oxycodone, hydrocodone, codeine, morphine, fentanyl, and others. Heroin and illicitly manufactured fentanyl are also opioids.

Opioids can negatively affect the reward center in the brain. Over time, a user may need more and more, making these drugs highly addictive.<sup>4</sup>

## OTHER PAIN RELIEF OPTIONS



If you are prescribed an opioid, talk with your doctor about other options.



Talk with a behavioral health provider about strategies that can help manage stress.<sup>3</sup>



Try physical therapy or other therapies such as acupuncture or massage.<sup>3</sup>

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Sources: <sup>1</sup>Substance Abuse and Mental Health Services Administration, <sup>2</sup>2021 Healthy Youth Survey,

<sup>3</sup>Center for Disease Control and Prevention, <sup>4</sup>National Institute on Drug Abuse for Teens