

one act of courage

STOP OPIOID MISUSE

Help a friend. Share the facts.

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

When it comes to preventing
opioid misuse, you can make
a difference.



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



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.²

YOUR CHOICES MATTER

Never share an opioid prescription
with someone else.

Treatment works. If you need
help, call Washington Recovery
Help Line at **1 (866) 789-1511**.

Dispose of unused medications
safely at a pharmacy location
near you. Find one at
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.⁴

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.³



Try physical therapy or other therapies such as acupuncture or massage.³

LEARN MORE AT

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

Sources: ¹Substance Abuse and Mental Health Services Administration, ²2021 Healthy Youth Survey, ³Center for Disease Control and Prevention ⁴National Institute on Drug Abuse for Teens

Washington State
Health Care Authority