

# 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.<sup>1</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.<sup>2</sup>

## 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.<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>

LEARN MORE AT

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

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