



# 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 MISUSE 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 [MED-Project.org](https://www.MED-Project.org).<sup>3</sup>

Learn more at  
**GetTheFactsRx.com**

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

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

<sup>3</sup>We recommend accessing this URL using a newer web browser such as Chrome or Firefox