

STARTS WITH **one**

Campaign Talking Points

What?

- Starts with One is a statewide campaign developed to prevent opioid misuse before it starts and raise awareness about how and where to safely dispose of unwanted, unused or expired opioids — and the importance of removing prescription opioid medications from homes.
 - Opioids are a type of pain medication that can be highly addictive. Examples are oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and others.¹
 - The illegal drug heroin is also an opioid.
-

Why?

Protect loved ones

- Nearly half of people misusing pain relievers, including prescription opioids, get them from a friend or family member.²
- Young people in Washington say that their parents are one of the biggest influences on their decision to use or not to use drugs.³
- Promptly removing leftover opioid prescriptions from your home and safely disposing of your medications at a dropbox kiosk helps prevent misuse by a friend, family member or other home visitor and reduces the risk of deadly overdose.

Protect the environment

- Safe disposal not only helps prevent misuse and overdose deaths, it's also important for the health of our environment.
 - Drop box kiosks or mail-back envelopes are the only environmentally safe way to dispose of old or unused opioid medications.
-

How/Where?

- There are a few ways to safely dispose of opioids:
 1. Drop them at a permanent take back location.
 2. Now, drop box kiosks are also conveniently located at retail pharmacies, police stations, health centers and other community sites year-round. Find a location near you at MedTakeBackWashington.org
 3. You can request a free medication return envelope online at MedTakeBackWashington.org and safely mail back your leftover medications.
 - DEA National Prescription Drug Take Back Day events are held every year in April and October, in communities across the state.
 - All prescription medications are accepted during Prescription Drug Take Back Day events.
 - Last year, Washington residents returned 16,565 lbs of medication on National Take Back Days. Over 311,000 lbs of medication has been safely disposed of at Take Back Day sites since 2016, reducing access to expired, unused, or unwanted medication.⁵
-

Call to Action

- Go to MedTakeBackWashington.org to order a free mail back envelope.
- Go to MedTakeBackWashington.org to find a safe disposal location near you.

¹ National Institute on Drug Abuse

² Substance Abuse and Mental Health Services Administration

³ 2021 Healthy Youth Survey

⁴ Drug Enforcement Administration