

one simple step

STOP OPIOID MISUSE AT HOME

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.¹

SIMPLE STEPS CAN SAVE A LIFE



Lock up your medications.



Keep naloxone on hand to reverse accidental overdose.



Dispose of unused medications safely at a take-back kiosk.



Scan the QR code or visit [MedTakeBackWashington.org](https://www.MedTakeBackWashington.org) to get instructions for safe disposal and to find a take-back kiosk near you.

KNOW THE FACTS

What is an Opioid?

Prescription opioids including Vicodin®, oxycodone, etc., are a type of drug commonly used to reduce pain, along with other pain management tools.

Heroin, an illegal drug, and fentanyl are also opioids.

Any opioid can negatively affect the reward center in the brain over time, making these drugs highly addictive.²

OTHER PAIN RELIEF OPTIONS



Ask your doctor about low-cost, at-home options like stretching, ice, and over-the-counter medications like acetaminophen or ibuprofen to reduce your pain.



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,

²National Institute on Drug Abuse for Teens

³Center for Disease Control and Prevention