



## Campaign Talking Points

### What?

- The Starts with One campaign is designed to inform and educate people experiencing acute pain, whether due to injury or surgery, about their pain management options, the risks of prescription opioids, and safe storage and disposal.
- Prescription opioids are a type of medication doctors use to help people manage pain. Prescription opioids include oxycodone (OxyContin, Percocet), hydrocodone (Vicodin), codeine, and morphine.

### Why?

#### Protect loved ones

- Nearly half of people misusing pain relievers, including prescription opioids, get them from a friend or family member.<sup>1</sup>
- Young people in Washington say that their parents are one of the biggest influences on their decision to use or not to use drugs.<sup>2</sup>
- 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 box kiosks are conveniently located at retail pharmacies, police stations, health centers and other community sites year-round. Find a location near you at [MedTakeBackWashington.org](https://www.MedTakeBackWashington.org)
  2. You can request a free medication return envelope online at [MedTakeBackWashington.org](https://www.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.
- Find data and results from previous Take Back Day events at [www.DEA.gov/TakeBackDay#Results](https://www.DEA.gov/TakeBackDay#Results)

### Call to Action

- Go to [MedTakeBackWashington.org](https://www.MedTakeBackWashington.org) to order a free mail back envelope.
- Go to [MedTakeBackWashington.org](https://www.MedTakeBackWashington.org) to find a safe disposal location near you.

<sup>1</sup> Substance Abuse and Mental Health Services Administration

<sup>2</sup> 2021 Healthy Youth Survey