



one simple step

lock up your meds

protect your kids, family, and environment

Ending opioid misuse in our community begins in our homes.

WHAT YOU CAN DO:

- ✓ **LOCK UP** opioid medications in a cabinet, drawer, medicine safe, or locking bag.
- ✓ **DISPOSE** of old or unused pills to keep your family and the environment safe. Visit [MED-Project.org](https://www.med-project.org) to find a convenient take back location or to request a free, discreet medicine mail-back envelope.
- ✓ **ASK** a nurse, doctor, behavioral health provider, or pharmacist about safe opioid disposal near you.

Know the facts.

WHAT IS AN OPIOID?

Opioid pain medications prescribed by doctors include oxycodone, hydrocodone, codeine, morphine, and many others. Heroin is also considered an opioid.¹ These drugs can be highly addictive.

- ✓ 75 percent of opioid misuse starts with people using medication that wasn't prescribed for them – usually taken from a friend or family member.²
- ✓ Opioids are a leading cause of injury-related deaths in Washington state. More people die from overdose than from car crashes.³

Learn more at
[WATribalOpioidSolutions.com](https://www.WATribalOpioidSolutions.com)

Washington State
Health Care Authority