

one simple
step



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lock up your meds

protect your kids, family,
and environment

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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 unused pills at a take back site to keep your family, home, and environment safe. Find one at [MED-Project.org](https://www.med-project.org).
- ✓ **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.

- ✓ Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.²
- ✓ Opioids are a leading cause of injury-related deaths in Washington State. More people die from overdose than from car crashes.²
- ✓ 75 percent of opioid misuse starts with people using medication that wasn't prescribed for them – usually taken from a friend or family member.³

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

Washington State
Health Care Authority

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