



**one** simple  
step

protect  
your kids,  
family, and  
environment

Ending opioid misuse in our  
community begins in our homes.

**SAFELY STORE AND DISPOSE OF  
OPIOID MEDICATIONS.**

- ✓ **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 [TakeBackYourMeds.org](https://www.TakeBackYourMeds.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.<sup>1</sup> These drugs can be highly addictive.

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

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

Sources: <sup>1</sup>National Institute on Drug Abuse <sup>2</sup>Washington State Department of Health  
<sup>3</sup>Substance Abuse and Mental Health Services Administration

Washington State  
Health Care Authority