



one simple step

protect your kids, family, and environment

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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.
- ✓ **ASK** a nurse, doctor, behavioral health provider, or pharmacist about safe opioid disposal near you.

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STOP OPIOID ABUSE

You can make a difference.

Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.¹

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

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Washington State
Health Care Authority

Sources: ¹Washington State Department of Health
²Substance Abuse and Mental Health Services Administration

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