

# one

simple  
step

## Lock up your meds

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

Opioids are a leading cause of injury related deaths in our state.<sup>1</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>2</sup>

You can make a difference. Lock up your meds.

### STOP OPIOID ABUSE Your choices matter

- ✓ Opioids can be highly addictive. Talk with your doctor about other ways to manage pain or fill your prescription partially.
- ✓ Avoid storing your medications in the medicine cabinet.
- ✓ Do not share your medications.
- ✓ Lock up your medications:
  - Locked cabinets
  - Safes
  - Specific medicine lockboxes
- ✓ Safely dispose of unused medications at a take-back program near you. Find one at [TakeBackYourMeds.org](https://www.TakeBackYourMeds.org).

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

<sup>1</sup>Source: Washington State Department of Health

<sup>2</sup>Source: Substance Abuse and Mental Health Services Administration