



Time

simple
step

Lock up your meds

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

Opioids are a leading cause of injury related deaths in our state.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

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)

¹Source: Washington State Department of Health

²Source: Substance Abuse and Mental Health Services Administration