one simple step

lock up your meds

protect your kids, family, and environment

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 old or unused pills to keep your family and the environment safe. Visit **MED-Project.org** to find a convenient take back location or to request a free, discreet medicine mail-back envelope.
- ✓ **ASK** a nurse, doctor, behavioral health provider, or pharmacist:
  - Where to safely dispose of medications.
  - To fill prescriptions partially.
  - For traditional ways to manage pain.

Learn more at
WATribalOpioidSolutions.com

Washington State Health Care Authority