

# one simple step

## STOP OPIOID ABUSE

**You can be the one to keep your family safe.**

It begins with one step. One act of courage. One honest conversation.

When it comes to preventing opioid misuse, you can make a difference. Talk with your loved ones and share the facts.



Opioids are now one of the leading causes of injury-related deaths in Washington State. More people die from overdose than from car crashes.<sup>1</sup>



75 percent of opioid misuse starts with using medication that wasn't prescribed for them – usually taken from a friend or family member.<sup>2</sup>



Kids are 50 percent less likely to use drugs when parents tell them about the risks.<sup>2</sup>

## YOUR INFLUENCE MATTERS

Lock up your medications.

Talk with your loved ones about the risks of opioid abuse.

Talk with your doctor about other ways to manage pain. Encourage your loved ones to do the same.

Dispose of unused medications safely at a take-back program near you. Find one at **TakeBackYourMeds.org**.

# KNOW THE FACTS

## What is an Opioid?

Opioids are a specific class of drugs commonly used to reduce pain.

The illegal drug heroin is an opioid, as are many pain relievers prescribed by doctors.

Opioids can negatively affect the reward center in the brain. Over time, a user may need more and more, making these drugs highly addictive.<sup>4</sup>

## OTHER PAIN RELIEF OPTIONS



If you are prescribed an opioid, talk with your doctor about other options.



Talk with a behavioral health provider about strategies that can help manage stress.<sup>3</sup>



Try physical therapy or other therapies such as acupuncture or massage.<sup>3</sup>

LEARN MORE AT

# GetTheFactsRx.com

Sources: <sup>1</sup>Washington State Department of Health, <sup>2</sup>Substance Abuse and Mental Health Services Administration, <sup>3</sup>Center for Disease Control and Prevention  
<sup>4</sup>National Institute on Drug Abuse for Teens

