

STARTS WITH **one**

Dear Health Provider,

In Washington and throughout the United States, prescription opioids are being misused at an alarming rate. Opioids are now one of the leading causes of injury-related deaths in Washington State. More people die from overdose than from car crashes.¹

We're seeking to educate those at high risk for opioid misuse through a statewide prevention campaign. *Starts with One* — funded by the Washington State Health Care Authority — is a campaign designed to inform and educate young adults, their parents, and older adults about the dangers of prescription drug misuse and the importance of safe storage, use, and disposal.

We have developed a number of *Starts with One* campaign resources to help dental and medical providers like you educate and inform patients and others in your community about the potential risks. This toolkit includes:

- Posters to hang in your waiting rooms and exam rooms.
- Informational rack cards you can display on your counter for patients to take with them.
- Stickers to include in dental to-go bags or to place in medical provider waiting rooms for patients.
- Social media content you can post on your practice's Facebook, Twitter, Instagram or other social channels.
- An article to share in your patient newsletter or to post to your practice website.

Thank you for your support of this important effort. For a digital download of the toolkit and for more information about the *Starts with One* campaign, visit www.GetTheFactsRx.com.

Sincerely,

The Washington State Health Care Authority

¹ Washington State Department of Health