

A young man with dark hair, wearing a grey hoodie and a dark vest, is focused on working with a tool on a wooden structure. An older man with a grey beard, wearing a tan cap and glasses, is looking on. The background shows a rustic building and bare trees.

# one

simple  
step

## lock up your meds

Nearly half of people misusing pain relievers, including prescription opioids, get them from a friend or family member.<sup>1</sup>

Simple steps, like locking up medications, can stop them from being misused.

### STOP OPIOID MISUSE Your choices matter

- ✓ Prescription pain medication is highly addictive. Talk with your doctor about other ways to manage pain.
- ✓ Lock up your medications.
- ✓ Safely dispose of unused medications at a take-back location near you. Find one at [MedTakeBackWashington.org](https://www.MedTakeBackWashington.org).

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

<sup>1</sup>Source: Substance Abuse and Mental Health Services Administration