

STARTS WITH **One**

Washington State
Health Care Authority

Starts with One is the Washington State Health Care Authority's opioid misuse prevention campaign. The campaign is designed to inform and educate Washingtonians about the dangers of prescription drug misuse as well as promote safe storage and safe disposal practices.

Shareable Social Media Posts

Share these posts on your own social media pages.

General Post:

- Starts with One is an educational campaign to prevent opioid misuse and to encourage safe storage and disposal of prescription drugs. Learn more about Washington's opioid misuse prevention campaign at GetTheFactsRx.com.
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Posts for Young Adult Audience:

- What does an opioid do in your brain and why are they addictive? Get the facts from the National Institute on Drug Abuse: <https://nida.nih.gov/publications/drugfacts/prescription-opioids>. Learn more about Washington's opioid misuse prevention campaign at GetTheFactsRx.com.
- When it comes to an opioid overdose, every minute counts. That's why it's important to know how to respond if you encounter someone who's overdosed. For more information about responding to an overdose, visit <https://getthefactsrx.com/overdose-response>.
- When it comes to preventing opioid misuse, you can make a positive difference. Take the next step. Don't share your prescriptions and talk to your friends about the dangers of opioids. Learn more at GetTheFactsRx.com.
- Are you or a loved one suffering from opioid misuse? Programs are available across Washington State to help you on your path to recovery. You are not alone. www.warecoveryhelpline.org.
- Naloxone is a medication that can reverse an opioid overdose and is legal for anyone in Washington state to obtain, carry and administer. To learn more about Naloxone and find it near you, visit <http://stopoverdose.org/section/find-naloxone-near-you/>.

Posts for Older Adult Audience:

- What's in your medicine cabinet? Nearly half of people misusing pain relievers, including prescription opioids, get them from a friend or family member. Protect your loved ones and lock up your meds. Learn how at: www.lockyourmeds.org.
 - If not properly disposed, medicines can end up in local water sources, threatening the health of our wildlife and drinking water.
Be sure to safely dispose of your medications at a safe disposal location near you: MedTakeBackWashington.com.
 - Opioids are a strong prescription medication and should not be left where visitors can easily see them.
Simple steps like locking your medications in a drawer, locking box or safe, and disposing of any unused or unwanted medications are easy ways that you can keep opioids away from your loved ones. Learn more at GetTheFactsRx.com.
 - Unsure if the prescriptions in your medicine cabinet are considered an opioid? Find out at <http://bit.ly/2fbxKMF>.
 - Statistics show older adults are more likely to take prescribed medications for longer periods of time. Make sure you're using them safely. Learn more at GetTheFactsRx.com.
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Posts for Parent Audience:

- Is your child having their wisdom teeth removed? If so, they may be prescribed an opioid for pain management. Non-addictive alternatives for pain management are available. Ask your oral surgeon or dentist. Learn more at <https://www.cdc.gov/opioids/patients>
- Have you talked with your kids about the dangers of prescription pain meds? Young people in Washington say that their parents are one of the biggest influences on their decision to use or not use drugs. Get tips for starting the conversation at <https://getthefactsrx.com/conversation-starters-parents>.
- If you have a loved one struggling with opioids, visit <http://stopoverdose.org/section/families/> for helpful resources for you and other family members.
- Are you concerned that your child may be taking prescription medicine in ways other than prescribed? Click here for some tips about how to prevent opioid misuse: <https://drugfree.org/article/talk-with-your-kids/>.
- Nearly half of people misusing pain relievers, including prescription opioids, get them from a friend or family member. Visit MedTakeBackWashington.com to find a medication take back site near you and help keep your loved ones safe.