

# STARTS WITH **one**

Washington State  
Health Care Authority

Washington State Health Care Authority has launched an opioid misuse prevention campaign. The campaign is designed to inform and educate Washingtonians about the dangers of prescription drug misuse and abuse as well as promote safe storage and safe disposal practices.

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## Drug Disposal during COVID-19 Pandemic

In response to the COVID-19 pandemic, the Drug Take Back Day in April 2020 was canceled. Both the Washington Poison Center and the Drug Enforcement Administration (DEA) recommend safely storing medications at home until advised otherwise.

To accomplish this, the Washington Poison Center directs the public to the Centers for Disease Control and Prevention (CDC) Up and Away Campaign and the DEA recommends their Secure Your Meds campaign, advocating safe and secure storage of medication until proper disposal is possible.

More information on these programs can be found at:

[www.cdc.gov/medicationsafety/protect/campaign.html](http://www.cdc.gov/medicationsafety/protect/campaign.html)

<https://takebackday.dea.gov/>

The following Washington State counties offer mail-back programs to differentially-abled or homebound residents: Clallam, King, Kitsap, Pierce, Snohomish, and Whatcom. Skagit County offers the mail-back program to all residents.

The following are not accepted as part of the program:

- herbal remedies
- vitamins
- supplements
- cosmetics
- personal care products
- medical devices
- batteries
- thermometers
- sharps
- illicit drugs

To access mail-back envelopes go to: <https://med-project.org/>

When it is critical to discard medications immediately the Food and Drug Administration (FDA) recommends the following steps:

1. If the drug is on the FDA's flush list, it should be immediately flushed down the toilet.
2. If the drug is not on the flush list, the FDA recommends disposing of the drug in the trash mixed with an undesirable substance (i.e. kitty litter or dirt).

More information on can be found at:

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