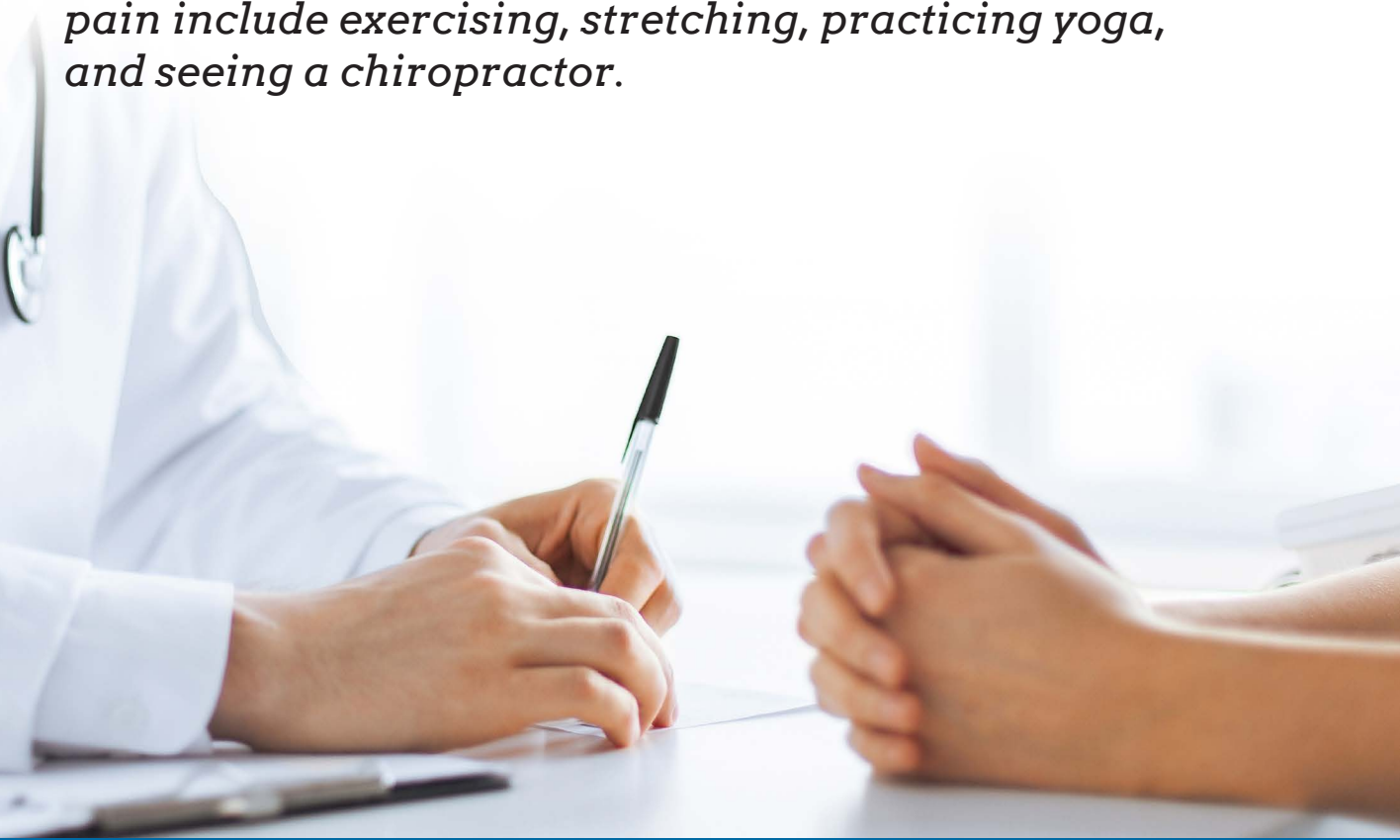


It starts with a conversation.

Talk to your health care provider and pharmacist about opioids.

Discuss the risks of using opioids and consider alternative forms of managing pain. *Alternative ways of addressing pain include exercising, stretching, practicing yoga, and seeing a chiropractor.*



OPIATES ARE ADDICTIVE.

4 in 5 heroin users report using prescription drugs first.

SEE SIGNS OF OVERDOSE?



soft / no breath



not responsive



pinpoint pupils



cold and clammy skin



blue lips and skin



slow, absent pulse



vomiting



choking sound or snore like gurgling noise



limp body



awake but unable to talk

BE A GOOD SAMARITAN!

CALL 911

Under Washington's "911 Good Samaritan Law," if you think someone is overdosing and you seek medical help for the victim, neither of you will be charged for possessing or using drugs.

The Good Sam Law will *not* protect you from being arrested for

- outstanding warrants
- probation or parole violations
- drug dealing
- crimes other than drug possession



TAKE BACK UNUSED MEDS

Properly dispose of unused medications at these locations.

Bellingham Police Department
505 Grand Ave, Bellingham, WA

Blaine Police Department
322 H Street, Blaine, WA

The Custom Prescription Shoppe
5917 Portal Way, Ferndale, WA

Everson Police Department
111 W Main Street, Everson, WA

Fairway Drug
1758 Front Street, Lynden, WA

Hoagland Pharmacy
2330 Yew St, Bellingham, WA

Lummi Tribal Health Center Pharmacy
2592 Kwina Rd, Bellingham, WA

Lynden Police Department
203 19th Street, Lynden, WA

Nooksack Valley Drug Store Pharmacy
208 E Main St, Everson, WA

Sumas Police Department
433 Cherry Street, Sumas, WA

Unity Care NW
218 Unity Street Bellingham, WA

Unity Care NW - Ferndale
6060 Portal Way, Ferndale, WA

See an updated list
of drop off locations at
WhatcomMedreturn.org/

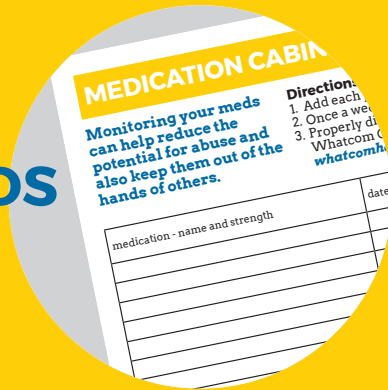
LOCK UP YOUR MEDS

Secure medications in a locked bag, box, or other secure location.



MONITOR YOUR MEDS

Download and use a medicine inventory sheet (available at whatcomhope.org)



FOLLOW DIRECTIONS

Follow the instructions provided with your prescription.



WHATCOM HAS HOPE

preventing opioid abuse