



## TAKE BACK UNUSED MEDS

Properly dispose of unused medications.

Find convenient locations with secure disposal drop-off locations or where you can obtain mail-back supplies by going to:

[medtakebackwashington.org](http://medtakebackwashington.org)

or by calling

844-482-5322 (844-4-TAKE-BACK)

## ACCESS LIFE-SAVING NALOXONE

Naloxone is a medicine that rapidly reverses an opioid overdose.

[whatcomhope.org/in-case-of-overdose](http://whatcomhope.org/in-case-of-overdose)

## FIND TREATMENT RESOURCES

If you or a loved one may be experiencing substance misuse, help is available.

[whatcomhope.org/get-help](http://whatcomhope.org/get-help)

Learn more about managing your pain here:  
[whatcomhope.org/managing-your-pain/](http://whatcomhope.org/managing-your-pain/)

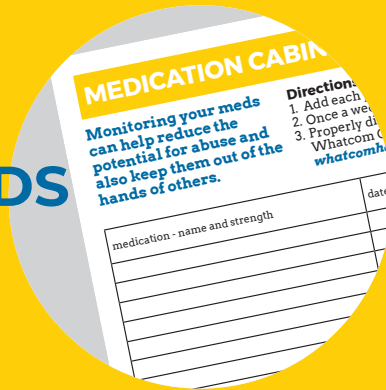


## LOCK UP YOUR MEDS

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](http://whatcomhope.org))



## FOLLOW DIRECTIONS

Follow the instructions provided with your prescription.

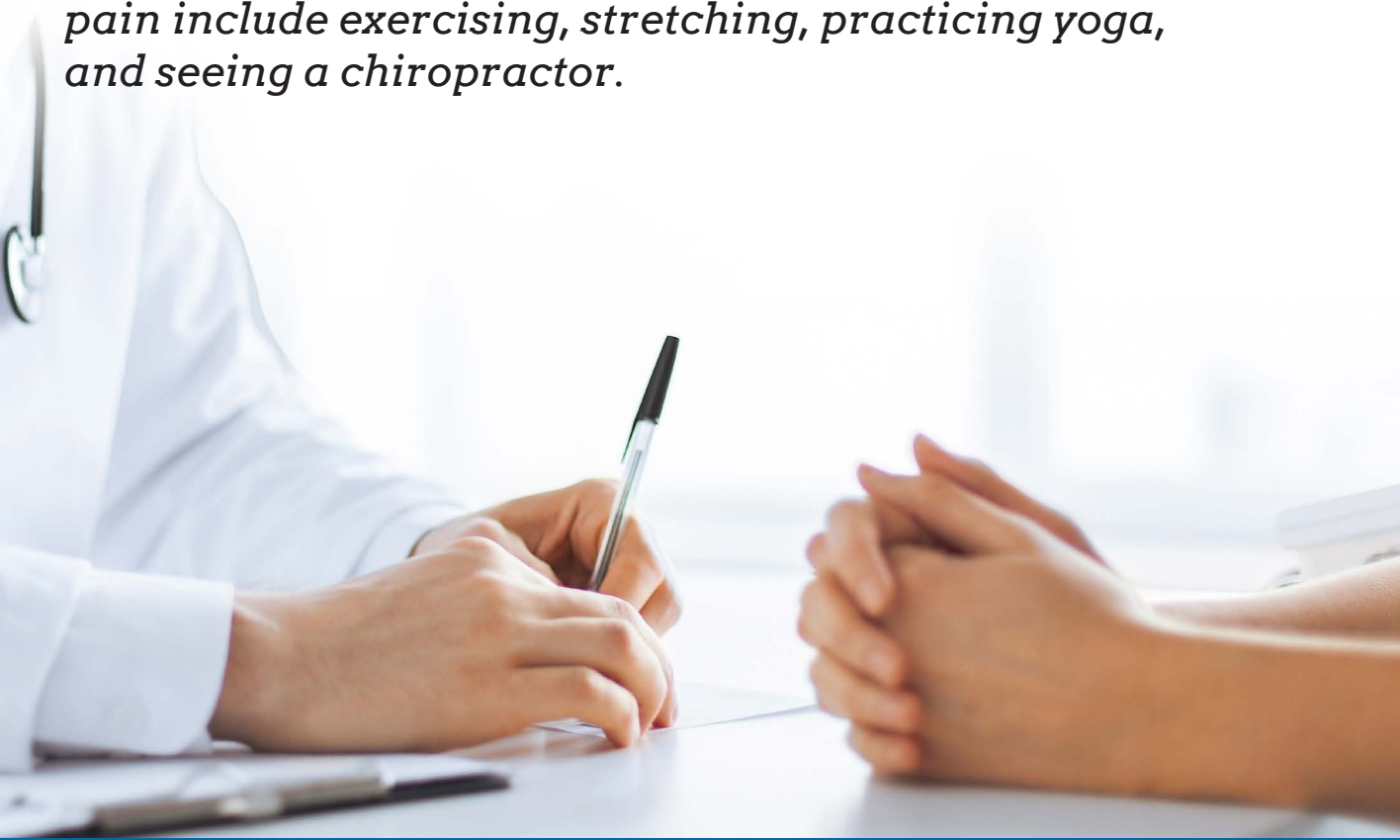


WHATCOM HAS  
**HOPE**  
preventing opioid misuse

# 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.*



**OPIOIDS 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

**If you suspect an opioid overdose, administer naloxone, call 911, and administer CPR.**

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