What you need to know about safely using and disposing of prescription medications.

**Know the risks**
If opioids are abused or taken in different amounts than prescribed, they affect the brain and body in ways similar to illicit drugs.

**Understand the side effects**
Opioids can slow your breathing, and in proper doses, cause relaxation. However, if you take too much, you can stop breathing and die.

**Dispose of excess medication**
You can safely dispose of unused medicines, by using household materials, visiting a local disposal site near you, or utilizing safe disposal pouches.

Opioids may be an important part of your healthcare recovery process.
Talk to your healthcare provider about the risks of opioids and how to properly dispose of excess medication.

Visit us online to learn more at ralinh.org.