

Opioid Epidemic and Response: Employer Toolkit

Email Template – Safe Use, Storage and Disposal

Use the email template below to send a message around changing the conversation and addressing stigma. Feel free to add images, graphics, or other information to best fit your company brand.

Subject Line: *Safe Use, Storage and Disposal of Medications*

Dear [Company] Employees,

We all play a role in the opioid epidemic response.

Safe Use

We can all be an active decision-maker in our health care. For all medical decision-making, walk through the BRAIN acronym:

- Benefits: What are the benefits?
- Risks: What are the risks?
- Alternatives: What are my alternatives?
- Intuition: What is my intuition telling me to do?
- No, not now: What if I say “No, not now”? What then?

If a doctor recommends opioids to you or a loved one, you can ask about alternative treatments and pain management techniques. Alternative treatments might include non-opioid medications, exercise, physical therapy, acupuncture, massage, therapy, mindfulness, and meditation. Read more about [pain management](#).

Safe Storage

Keep medications out of reach of children and pets. It is best to keep medications in a locked medicine cabinet or storage container. Unused medications around the home are a risk of accidental poisoning. Call the Nevada Poison Control if you have questions about accidental poisonings. Help is available 24/7, and calls are free of charge and confidential. Save the Nevada Poison Control phone number into your phone now: 1-800-222-1222.

Safe Disposal

Are you holding on to medications “just in case”? It is not safe and illegal to share prescription medications with anyone else. Make safe disposal of unused or expired medications a part of your regular house cleaning. Go through your medicine cabinet and gather any medication that is not currently being used or is past its expiration date. There are safe drop box locations throughout the state at pharmacies, police stations, and sheriff’s offices. You can locate the

nearest safe drop box location on a statewide searchable database hosted by the Nevada Pollution Control Agency: <https://www.nvpoisoncenter.org/>

Scroll down and click on Earth 911—Locations that take medications

- Enter your zip code, press Search
- A list of safe drop-box locations will come up, sorted by distance