Four Steps for Safe Opioid Usage

**MONITOR**
1. Warn that medications should be taken only as directed by the medical provider or dentist because they can be harmful and habit-forming. Do not let anyone else take this medicine.
2. Take inventory.
3. Be on the lookout for “Seekers.”

**TRANSITION**
1. The sooner a patient can get on the combination of acetaminophen and ibuprofen and off the opioid medication, the less likely they are to become dependent on opioids.
2. Using a combination of other non-opioid medication and non-medication pain management options are best.

**SECURE**
1. Keep this medicine in a locked cabinet or lock box.
2. Don’t take all opioids when leaving the home, only what is needed while gone.

**DISPOSE**
1. Opioids and other medications should be disposed of when they are no longer needed.
2. Visit www.rxdrugdropbox.org to find a nearby collection location.

NationwideChildrens.org/Opioid-Safety.