Suggested Dose of Reality Social Media Posts

* Join Wisconsin residents and organizations in the pledge to not abuse or share prescription painkillers and help save lives throughout the state. <http://doseofrealitywi.gov/take-the-pledge/>
* 70% of people abusing prescription painkillers get them through friends or relatives. Make sure you’re storing your prescriptions out of sight and if you have the ability, locked up.
* Be sure to ask your prescribing medical professional for non-narcotic alternatives that may be available. Not only do they have less risk of addiction, but they can actually be more affective at relieving pain.
* Join us! Organizations and residents all over Wisconsin are pledging to not abuse or share prescription painkillers. Together, we can save lives throughout the state. <http://doseofrealitywi.gov/take-the-pledge/>
* There are multiple ways to dispose of your prescription painkillers, especially here in Wisconsin! <http://doseofrealitywi.gov/drug-takeback/>
* Did you know young people ages 12-25 are at the highest risk of addiction to prescription painkillers? Find out what you can do to help prevent prescription painkiller abuse among you and your peers. <http://doseofrealitywi.gov/students/>
* It’s important to know the risks and dangers of using prescription narcotics, as well as the signs of abuse before it becomes a problem for you or your loved ones. <http://doseofrealitywi.gov/get-the-facts/>
* How big is the prescription painkiller problem? <http://www.nsc.org/learn/NSC-Initiatives/Pages/prescription-painkiller-epidemic.aspx>
* Wisconsin's next drug take-back day is October 22nd! But you don't need to wait until then to dispose of unused medications. Visit: [doseofrealitywi.gov](http://doseofrealitywi.gov) to find a disposal site near you.
* Don’t be afraid to say no. It may seem like “everyone is doing it”, but they’re not. <https://www.ncadd.org/about-addiction/underage-issues/ten-tips-for-prevention-for-youth>