



# TakeChargeOhio

Manage Pain.  
Prevent Medication Abuse.



# Ways You Can Manage Pain Safely Without Medication

Before being prescribed pain medication, discuss other ways to manage pain with your doctor, such as:



Non-Opioid  
Pain Medications



Non-Medication  
Treatment



For more information, visit  
[TakeChargeOhio.org](https://www.TakeChargeOhio.org)

**Ohio**  
Department of Health