

Are your prescription drugs secured? Are you sure?



Prescription Drug Abuse

Abusing prescription drugs is becoming increasingly common among teens and adults. Because prescription drugs are prescribed by a doctor there is a myth that they are safe. However, it is not safe to use someone else's prescription drugs or to misuse drugs that are prescribed to you. Misuse and abuse of these drugs is reaching epidemic proportions in our nation. According to the 2009 National Prescription Drug Threat Assessment, individuals abusing painkillers and other narcotics often switch to heroin.

Regardless of our age, we all need to do our part to prevent prescription drug abuse in our community by monitoring, securing and properly disposing our medications. It is our voice, our community and our opportunity. Start taking action this summer by checking your medicine cabinets, talking to family and friends about this issue and learning more about the warning signs of prescription drug abuse.

WHAT YOU CAN DO

- Take inventory of all medicines in your home regularly and make sure that they are monitored and secured
- Only taking medications as prescribed to you
- Talk to youth in your life about the dangers of abusing medicine
- Properly dispose of expired or unused medications

DID YOU KNOW

- 1 in 5 teens report abusing prescription drugs.
- Young people who get addicted to prescription narcotics like Vicodin® or OxyContin® often switch to heroin.
- When prescription drugs and over-the-counter medications are misused or abused they can be harmful, even deadly, especially when combined with alcohol or other drugs.

DISPOSE OF YOUR MEDS

- Do NOT flush down the toilet!
- Take meds out of original containers
- Crush, if possible, and mix with kitty litter or coffee grounds before putting them in the trash



HELPFUL WEBSITES

theantidrug.com
whitehousedrugpolicy.gov
drugfree.org/notinmyhouse
prescription-drug-abuse.org
nida.nih.gov

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