



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.

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 the youth in your life about the dangers of abusing medicine
- Properly dispose of expired or unused medications*



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* It is important to properly dispose of expired or unused medications (DO NOT flush down the toilet). Take meds out of original containers, crush if possible, remove labels and mix with undesirable substances like kitty litter or coffee grounds before putting them in the trash.