

FACTS ABOUT OPIOIDS

67% of teens who misuse prescription painkillers say that they got them from family or friends. Properly disposing of expired or unused medications is important to help protect your children.*

*Source: MPOS 2015

STAY IN THE KNOW

PREVENTING SUBSTANCE MISUSE IN FREDERICK COUNTY



Frederick County Health Department



Visit StayInTheKnow.org/Opioids for more information on opioid misuse

Tips on Storing and Securing Medications

PROTECTING YOUR FAMILY AND HOME

MONITOR

- Note how many pills are in each prescription bottle or pill packets
- Keep track of refills—yours and others in your family
- For children, be sure an adult administers and controls all dosages on medications
- Be sure friends and relatives—especially grandparents—are aware of the risks

SECURE

- Keep all prescription and over-the-counter medications in a safe place, such as a locked cabinet, as you would with valuables
- Tell relatives to lock up their medications and/or store them in a safe place
- Talk to the parents of your children's friends about securing their medications

DISPOSE

- Keep a running inventory of all medications in your home
- Unless directions say otherwise, DO NOT flush expired or unused medications down the drain or toilet
- Discard medications by 1) participating in a local Drug Take Back Day or 2) use nearby medication drop box locations
- As a last resort, dispose of medications at home by 1) removing any personal ID information from bottles or packages and 2) mixing the medications with undesirable substances, like used coffee grounds or kitty litter, and discard

Properly disposing of expired or unused medications is important to help protect your children.