

ARE YOU THE ONLY ONE TAKING YOUR MEDICINE

Medicine abuse is an epidemic



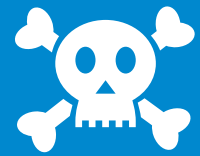
MOST TEENS

who report abuse of Rx pain relievers within the past year are getting them from family, friends and acquaintances.¹



AN ESTIMATED 71,000 CHILDREN

18 and younger are seen in U.S. emergency departments each year because of unintentional medication poisonings.²



ABOUT 40% OF POISON EXPOSURES

reported to U.S. poison centers involve exposures to medications by children under age 6.³



IT'S NOT JUST YOU OR YOUR FAMILY
YOU NEED TO WORRY ABOUT

PRESCRIPTION PAIN MEDICINE COULD ALSO BE MISUSED OR ABUSED IF YOUR HOME HAS:

- Young children, teenagers or babysitters
- Workers or delivery people inside
- House hunters who are looking around (if your house is for sale)
- Neighbors or friends coming in and out
- Prescription pain medicine on the kitchen counter, bedside table or another open space
- Prescription pain medicine you no longer need to take or that has expired

You can prevent abuse by taking steps to monitor, safeguard and properly dispose of your medicine.

PROTECT YOURSELF, YOUR FAMILY AND YOUR COMMUNITY

Very often, misuse and abuse begins at home. Are you and your family at risk? There are four steps you can take to protect yourself and the ones you love from accidental overdose or illegal use.

1 MONITOR YOUR MEDICATIONS

Take note of how many pills are in your medicine cabinet, keep track of your refills and follow directions on how to properly take your medicine. Remember, only you should take your prescription pain medicine.

2 SAFEGUARD YOUR MEDICATIONS

Secure your prescriptions the same way you would other valuables in your home, like cash or jewelry. Don't leave medicine lying around for anyone to take – keep it out of reach, out of sight and away from the public spaces in your house. Take prescriptions out of the medicine cabinet and secure them in a place only you know about. If possible, lock your medicine up to prevent anyone from tampering with or taking your medicine.

3 PROPERLY DISPOSE OF YOUR MEDICATIONS

Safely and promptly dispose of expired or unused prescription medicine. This is a critical step in helping to protect your family. Use at-home drug neutralization systems or return unused medication to an official take-back location.

4 TALK TO YOUR FAMILY

Share what you've learned about how to monitor, safeguard and dispose of your medicine with your family, friends and neighbors to make sure everyone plays their part in helping to keep your community safe.

Learn more:
<http://www.alliancebpm.org/participate>

1. Results from the 2013 National Survey on Drug Use and Health: Detailed Tables
<http://www.samhsa.gov/data/sites/default/files/NSDUH-DetTabs2013/NSDUH-DetTabs2013.htm#tab6.47a>
2. Medication Safety Program. Program Focus and Activities. Centers for Disease Control and Prevention.
http://www.cdc.gov/MedicationSafety/program_focus_activities.html
3. Protect the Ones You Love: Child Injuries are Preventable. A National Action Plan for Child Injury Prevention: Reducing Poisoning Injuries in Children. Centers for Disease Control and Prevention.
<http://www.cdc.gov/safecchild/NAP/overviews/poison.html>