

HANDLE YOUR PRESCRIPTION DRUGS WITH CARE

Prescription drug misuse can change the face of a community. Join the DPYC (Developing Positive Youth Culture) in our effort to inform the Ellington community of the importance of handling prescription medications with care. Proper use, storage, and disposal of prescription medications helps keep people safe from drug misuse and also reduces the threat to the environment.



USING Prescription Drugs

- Take only what is prescribed by your doctor. Prescription drugs, when misused, can be just as dangerous as street drugs.
- Do not share your medications with another person, not even with an immediate family member. Giving medications to someone else is considered a crime.
- In 2011 an estimated 22.5 million Americans aged 12 or older used an illicit drug or abused a medication in the past month. Young adults (age 18 to 25) are the biggest abusers of prescription opioid pain relievers, ADHD stimulants and anti-anxiety drugs. They do it for all kinds of reasons, including getting high or because they think the drug will help them study better.
- Talk openly with your teen about the dangers of prescription drug misuse.

STORING Prescription Drugs

- Take inventory of your prescription and over-the-counter medication.
- Secure your medicine cabinet or place medications in a locked box.
- Dispose of all unused or expired medications. Don't let them get into the wrong hands.

DISPOSING Prescription Drugs

- The safest and most effective method to dispose of medications is to let a professional handle it by taking them to a designated "Take Back" Day.
- Do NOT flush expired or unwanted prescription and over-the-counter drugs down the toilet or drain unless the label specifically instructs you to do so. Flushed drugs can leach into the ground and seep into the ground water.
- If a Take Back event is not available, remove the drug from its original container and mix it with an undesirable substance such as cat litter or used coffee grounds. Place in a sealed container or sealed plastic bag and throw in the garbage. Conceal or remove all identification and Rx number from the bottle.



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