

MONITOR. SECURE. DISPOSE.

Ensuring Prescription Drug Safety for You and Your Family

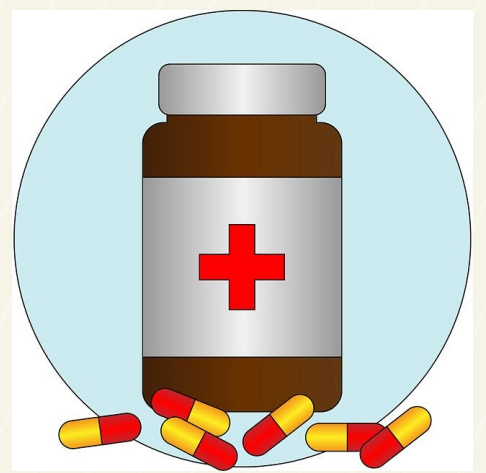
TIPS FROM THE EAST HADDAM LOCAL PREVENTION COUNCIL

YOUTH & PRESCRIPTION DRUG ABUSE

Two-thirds of teens and young adults who report abuse of prescription medicine are getting it from friends, family and acquaintances. Some of the prescription drugs most commonly abused by young people include painkillers, cough medicine, sedatives, and tranquilizers.

MONITOR

Knowing how many pills are in your prescriptions and keeping track of refills is the first step. If you find yourself refilling prescriptions sooner than expected, this could be a red flag.



SECURE

Treat your medications like any other item of value, like cash or jewelry. Consider locking them up somewhere safe, that only you have access to!



DISPOSE

If you have unused, unwanted, or expired medications around the house, **don't just throw them in the garbage!** Dispose of them using one of the methods below.



SAFE DISPOSAL METHODS

- Biannual DEA Drug Take Back Days (which typically take place the last Saturdays of October and April)
- Lock boxes at police departments, including at Troop K, the Colchester Resident State Trooper's Office, and the East Hampton Police Department)
- Drug disposal kits like the one you are receiving today!