



# PRESCRIPTION DRUGS AND *YOU*

Your guide to becoming happier and healthier and playing your role in prevention.

Prescription drugs are intended to help us, but when they're misused they can cause great harm to ourselves, our loved ones, and our community. We at Prevention Action Alliance created this guide to explain how you can play your role in prevention by ensuring that prescription drugs are used as intended.

# 5 Steps for Safe Medicine Use

Sources: Generation Rx;  
Working Partners



Talk with your doctor and pharmacist.



Use medication only as directed.



Securely store your medications.



Don't share medications.



Dispose of medications safely.

# Prescription Doesn't Mean Safe

*Only use medicines prescribed and dosed for you and only as directed.*

- 1 30% of people who misuse prescription drugs are youth. (Source: SAMHSA - NSDUH)
- 2 Youth who misuse prescription drugs are more likely to use other drugs.
- 3 Prescription drugs when misused can be just as dangerous as illicit ones.

*Below are four questions you should ask your doctor or pharmacist.*

- 1 What are the side effects?
- 2 Is this drug addictive?
- 3 How might this interact with other medicines I take?
- 4 Are there alternatives I can consider?

## How to Talk to Your Doctor or Pharmacist

# Prescriptions Can Poison

- 1 Pain relievers made up more than 9% of all poisoning cases of children younger than 6 years.
- 2 Pain relievers made up more than 11% of all poisoning cases of adults.
- 3 Consider using a lock-box to secure your medicine.

***Keep a log of all prescription medicines in your home.***

- 1** The name of the medicine.
- 2** The dosage for the medicine.
- 3** What the medicine looks like.
- 4** How the medicine is taken.
- 5** Who takes the medicine and why.
- 6** How often the medicine is taken and when.

***Note every time you use it so you don't accidentally take more than you should.***

**Keep A Log**

Sources: dLife, with modification







# Proper Disposal of Medicine

*Your medicine was chosen and dosed for you and your specific needs. It could be harmful to another person, which is why it's important that medicines be disposed of properly and never shared. Prevention Action Alliance recommends you safely dispose of your medicine:*

- 1** Use a prescription drug drop box. Find one near you at [ohiorxdisposal.com](http://ohiorxdisposal.com).
- 2** Use a drug deactivation kit.
- 3** Take advantage of local drug take back days. Find yours at [preventionactionalliance.org/take-back](http://preventionactionalliance.org/take-back).
- 4** Visit [preventionactionalliance.org/dispose](http://preventionactionalliance.org/dispose) to learn more.



## **KNOW!**

Know what medicines are in your home and why they're there; keep track of who is taking what; and supervise young children and youth medicine use.



## **SECURE!**

Keep all medicines in a safe and locked place.



## **DISPOSE!**

Get rid of unwanted and expired medicines safely by using an at-home drug deactivation bag or at a secure drug drop-off site.

**Know  
Secure  
Dispose**



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A message brought to you by:

Prevention  
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