



# KEEP PRESCRIPTION DRUGS SECURE

## SAFE STORAGE



**Medicine cabinets** are often the first place people look for medications to abuse.



Store medications in a **locked box, pouch, or even a locked drawer.**



**Secure prescriptions** at all times.

Ask your pharmacist about purchasing a lockbox or pouch at the pharmacy, online or at other retail stores.

## LEFTOVER MEDICINES ARE A RISK

**1 in 4**

Almost 1 in every 4 teens in America say they have misused or abused a prescription drug

**1,100+**

More than 1,100 teens begin abusing prescription pain medication every day

**>50%**

More than 50% of people misusing pain relievers get them from a friend or relative



Pain relievers, tranquilizers, stimulants and sedatives are among the most commonly abused medicines



Teens abuse prescription medicine more than heroin, methamphetamines, LSD, cocaine & ecstasy combined



Medicine poisonings resulted in more than 57,000 children under age 5 going to an emergency room in 2015

For more information, visit:  
[www.projectlazarus.org/ncdi](http://www.projectlazarus.org/ncdi) or  
[www.ncmedboard.org/safedisposal](http://www.ncmedboard.org/safedisposal)

1,2,4,5 Center for Behavioral Health Statistics and Quality. (2016). 2015 National Survey on Drug Use and Health: Detailed Tables. Substance Abuse and Mental Health Services Administration, Rockville, MD. [www.samhsa.gov/data/sites/default/files/NSDUH-Det-Tabs-2015/NSDUH-Det-Tabs-2015.pdf](http://www.samhsa.gov/data/sites/default/files/NSDUH-Det-Tabs-2015/NSDUH-Det-Tabs-2015/NSDUH-Det-Tabs-2015.pdf) Table 1.1A, 6.56B, 1.2A, 4.2B.

3 The Partnership Attitude Tracking Study: Teens and Parents 2013, The Partnership for Drug-Free Kids. [www.drugfree.org/wp-content/uploads/2014/07/PATS-2013-FULL-REPORT.pdf](http://www.drugfree.org/wp-content/uploads/2014/07/PATS-2013-FULL-REPORT.pdf)

6 United States Consumer Product Safety Commission. National Electronic Injury Surveillance System. NEISS Data Highlights -2015 [www.cpsc.gov/s3fs-public/2015%20Neiss%20data%20highlights.pdf](http://www.cpsc.gov/s3fs-public/2015%20Neiss%20data%20highlights.pdf)

# PROPER DISPOSAL OF UNUSED, UNWANTED OR EXPIRED MEDICINES



**Best option: find a drop box or a drug “Take Back” event**

Search for approved collection sites near you at [www.projectlazarus.org/ncdi](http://www.projectlazarus.org/ncdi).

Drop boxes can accept **pills of all kinds** (including pet medications and vitamins), liquids, medicinal patches, inhalers, creams and more.



Needles and syringes may **NOT** be left in drop boxes.

**Return unused medicines ONLY to locations approved for collection and disposal.**



## **Next option: dispose of medicines at home**

Use a disposal kit found at many pharmacies and retail stores or follow the instructions below.

- 1** Remove medicine from its original container.
- 2** Mix with an unappealing substance, such as dirt, used coffee grounds or cat litter. Add water.
- 3** Place mixture in a sealable container, such as an empty margarine tub or sealable plastic bag.
- 4** Remove personal information on empty prescription bottles.
- 5** Discard medication mixture and empty medicine bottles with household trash.

**The U.S. Environmental Protection Agency advises against flushing unwanted medicines down the toilet.**

