

How to Safeguard Your Home

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You can safeguard your home and family from the threat of prescription drugs, over-the-counter medications, and inhalants in your home in three easy steps.

STEP 1: MONITOR

- Keep track of the number of pills and medication packets you and family members are prescribed.
- Keep track of refills. If you're refilling more often than expected, there could be a problem.
- Monitor the usage of over-the-counter medications and household products that can be abused as inhalants.
- Educate the friends and relatives your children visit about the dangers of medication and other hazardous household products.
- Talk to the parents of your children's friends about keeping their homes safe.

STEP 2: SECURE

- Keep medications and household products that have the potential for abuse in a secure place your children cannot access.
- Talk to friends, relatives, and the parents of your children's friends about locking their medications away.

STEP 3: DISPOSE

- Dispose of expired or unused medications and household products when your children are not home.
- Mix medication with an undesirable substance such as used coffee grounds or cat litter.
- Do not flush medication down the drain or toilet unless directions on the package state otherwise.
- Remove personal and identifiable information from prescription bottles and pill packages before discarding medications.
- Contact your city or county government to find out if there's a safe drug disposal program in your community.

For more information, visit www.getsmartaboutdrugs.com • Source: Partnership for a Drug-Free America, www.drugfree.org