



Action 1

Three Steps to Safeguard Your Home

Make sure the teens in your life don't have access to your medicine. Find out how to monitor, secure and properly dispose of unused and expired prescription (Rx) and over-the-counter (OTC) cough medicine in your home.

STEP 1: MONITOR

How aware are you of the quantities that are currently in your home?

- Start by taking note of how many pills are in each of your prescription bottles or pill packets and keep track of your refills.
- If your teen has been prescribed a medicine, be sure you control the medicine, and monitor dosages and refills.
- Make sure your friends and relatives — especially grandparents — are also aware of the risks. Encourage them to regularly monitor their own medicines.

STEP 2: SECURE

- Take prescription medicine out of the medicine cabinet and secure them in a place only you know about.
- If possible, keep all medicines, both prescription and over-the-counter, in a safe place, such as a locked cabinet your teen cannot access.
- Tell relatives, especially grandparents, to lock up their medicine or keep them in a safe place.

STEP 3: DISPOSE

- Take an inventory of all of the medicine in your home. Start by discarding expired or unused Rx and OTC medicine when your teens are not home.
- Teenagers will retrieve discarded prescription medicine from the trash. To help prevent this from happening, mix the medicine with an undesirable substance, such as used coffee grounds or kitty litter.
- Do not flush medicine down the toilet or sink drain.
- To help prevent unauthorized refills and protect your family's privacy, remove any personal, identifiable information from prescription bottles or pill packages before you throw them away.
- Learn more about safeguarding and disposing of medicine at MedicineAbuseProject.org and find a medicine take-back location near you at DUMPTHE DRUGSAZ.ORG.