Rx Drug Abuse Kills 6 Floridians Every Day!

- Each day 2000 teens abuse prescription drugs for the first time.
- Most teens who abuse prescriptions get them from family and friends.
- Teens believe that prescriptions are safe because they are prescribed by a doctor.
- Pain meds (e.g., Oxycontin), depressants (e.g., Xanax), and stimulants (e.g., Adderall) are the most abused prescriptions.
- Also commonly abused are over-the-counter meds for cough (e.g., DXM), allergy, sleep, weight-loss and motion sickness.

Monitor

- Take inventory of all medications in your home. Note how many pills are in each prescription. Check that no other pills are mixed in.
- Keep track of everyone’s refills. If you need to refill a medication more often than expected, that could indicate a problem.
- Control access to your teen’s medications, 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.
- If your teen has access to other households, talk to those families about the importance of safeguarding their medications.

Be Aware - Don’t Share!

It is illegal to sell or share a prescription with others, including family members. Only take medications prescribed to you, as directed by your physician.
SECURE

- Keep all medicines, both prescription and over-the-counter, in a locked safe or cabinet that teens cannot access.
- Alternately, remove prescriptions from the medicine cabinet and hide them in a place only you know about.
- Secure handbags carrying medications.
- Ask relatives (especially grandparents) and the parents of your teenager’s friends to do the same.

DISPOSE

- Dispose of unused medications at the Rx Drug Disposal Kiosks.
- Reduce drug abuse, accidental poisoning, and theft.
- Keep dangerous drugs out of the environment.
- Flushing medicines down the toilet or throwing them in the trash pose potential hazards to humans and animals.
- Remove personal information from prescription containers before discarding. This will prevent unauthorized refills and protect your privacy.

For more information visit our website: www.drugfreemanatee.org

Adapted from The Medicine Abuse Project