

PRESCRIPTION DRUG DISPOSAL

Do's and Don'ts

Don't:

- ...throw medications away in trash containers even if mixed with kitty litter or coffee grounds
- ...flush down the toilet. Flushing and trashing is harmful to the environment.

Do:

- ...a yearly inventory of your medications and dispose of expired or unused drugs.
- ...utilize the public drug drop-off to clean your home of old and expired drugs

Where to dispose of medications?

The Plymouth Police Department has a permanent drug drop-off box in its lobby available 24 hours a day at 128 Smith Street. Also watch for a drug drop-off event at locations throughout Sheboygan County every fall.



1 SAMHSA, 2006 National Survey on Drug Use and Health (September 2007).
2 Treatment Episode Data Set, SAMHSA, 1995-2005.



Waste medication disposal efforts are funded and administered by Sheboygan County!



Pamphlet provided by:



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PRESCRIPTION AND OVER-THE- COUNTER DRUG ABUSE AND DISPOSAL

A Guide for Families



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WHAT'S THE PROBLEM?

While drug use has declined overall, the abuse of prescription drugs - such as pain relievers, depressants, and stimulants - is on the rise. For the first time ever, there are as many new abusers (12 and older) of prescription drugs as there are of marijuana.¹ Between 1995 and 2005, the number of substance abuse treatment admissions for prescription pain relievers increased by more than 300%.²

You have the power to help protect and alert the community to this growing problem. While prescription drugs have benefits when used properly, they are also increasingly abused by teens and young adults, often in combination with street drugs or alcohol. Make sure your family understands the risks of drug abuse. Research shows that 70% of persons aged 12 and older who abuse pain relievers say they get them from a friend or relative. If people want drugs, it is often as easy as opening the medicine cabinet, nightstand, or purse at home — or at a friend's or grandparent's house.



SIGNS OF ABUSE

Some signs that someone you know might be using prescription or over-the-counter drugs include:

- constricted or dilated pupils
- slurred speech
- flushed skin

Signs and symptoms may vary, but parents should be alert to the following:

- personality changes, mood swings, irritability
- excessive energy or sleepiness
- sweating or loss of appetite
- forgetfulness or clumsiness.

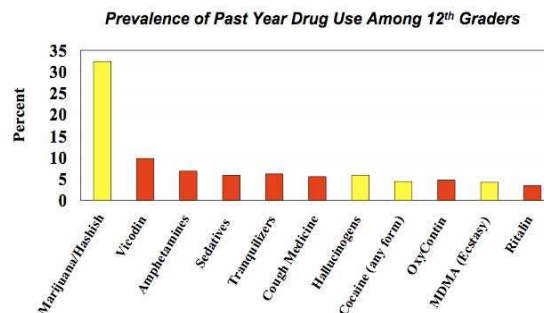
Watch for signs around the house such as:

- missing or unfamiliar pills
- empty cough and cold medicine bottles or packages

Other signs might include:

- secretiveness or a change in peer group
- loss of interest in personal appearance
- borrowing money or having extra cash
- skipping classes and not doing well in school

Prescription/Over-the-Counter Drugs Account for 7 Out of 11 of the Most Frequently Abused Drugs



In 2008, 15.4% of 12th graders reported abusing prescription drugs within the past year.

SOURCE: University of Michigan, 2008 Monitoring the Future Study

WHAT CAN I DO?

Think about your home. What prescription and over-the-counter drugs do you have? Where are they kept? Would you know if some were missing? Here are some steps to limit access to these drugs today:

- Safeguard all drugs at home. Monitor quantities and control access under lock and key.
- Set clear rules for teens about all drug use, including not sharing medicine, following the medical provider's advice and dosages.
- For teens with personal prescriptions, keep control of the bottle and be aware of running out of pills quickly, losing pills, or requesting refills before its due.
- Properly conceal and dispose of old or unused medicines through Rx drug collections (see backside).
- Ask friends and family to safeguard their prescription drugs.

Talk to your teen about the dangers of abusing prescription and over-the-counter drugs. Many teens do not think prescription drugs are as dangerous as illegal drugs but prescriptions are powerful drugs that, when misused, are just as dangerous as illegal street drugs! Tell your teen it's not worth the risk.