

Pain medications
and ADHD
medications
are especially
vulnerable to
house guests
or burglars –
ensure that
they are always
stored out of
sight and in a
secure location.

FOR MORE INFORMATION ABOUT
KEEPING YOU AND YOUR LOVED
ONES SAFE, PLEASE CONTACT
YOUR LOCAL LAW ENFORCEMENT
AGENCY.

THIS INFORMATION BROUGHT TO YOU
BY THE NATIONAL POLICE ASSOCIATION



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NationalPolice.org

A close-up photograph of a person's hand holding three white, oval-shaped pills. The hand is positioned in the lower right quadrant of the page. The background is dark and out of focus.

SAFETY GUIDE PRESCRIPTION MEDICATIONS

Prescription medication safety

Each year, about one million visits to the Emergency Room in the United States are because of prescription medication misuse – including accidents.

Knowing about your medications and how to safely store them is key to keeping you and your family healthy.

Keep an updated list of everything you are taking

This should include all prescriptions, over-the-counter medicines, and vitamins. Bring this list to every doctor and / or pharmacy visit so they can check for any interactions and make needed adjustments.

Read all labels carefully

Read all materials that come with your medications or supplements, and talk to your doctor or pharmacist if you have questions.

Do not share or borrow medication

What works for you may not work for someone else, and vice versa.

Not only is sharing medication dangerous, it is illegal.

Store medications in a safe, secure place

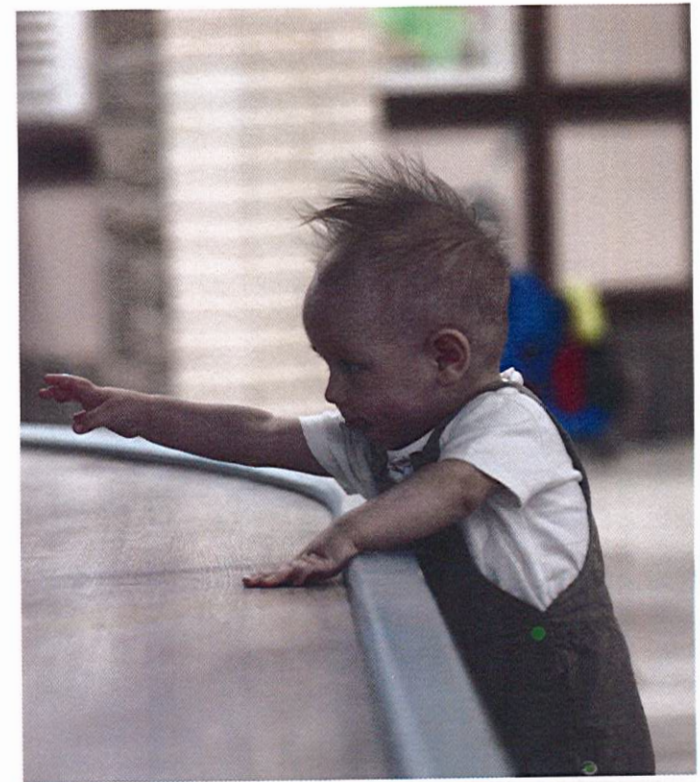
Keep them out of reach of children, pets, or curious house guests. Check packaging instructions to see if your medications need to be kept in the refrigerator.

Keep lids tightly closed

Medications are less likely to end up in the hands of children if they are properly packaged.

Stay organized

Make a calendar or buy a weekly pillbox to help keep you organized. There are even some smart phone apps that can help you stay on top of your daily doses. Keep count of your medications to make sure none are unexpectedly missing.



How to safely get rid of unused medication

First, check your local pharmacy or medical provider to see if they have any “take-back” programs for medications.

If there aren’t any local programs, medications can be thrown out in the trash. Remove labels or scratch off all personal information on the packaging.

Mix pills in with something else, such as coffee grounds, litter, etc. to keep thieves from easily spotting medication in the trash.

Medications should not be flushed down the toilet unless the packaging specifically recommends it.

Don't be embarrassed if you don't understand your prescription's instructions – your doctor and pharmacist are there to answer your questions.

