

Connecticut Prescription Drug Abuse Task Force

“In 2006, 16.2 million Americans age 12 and older had taken a prescription pain reliever, tranquilizer, stimulant or sedative for non-medical purposes...”

www.samhsa.gov



Information to Help Reduce the Misuse and Abuse of Prescription Drugs in Connecticut

IF YOU USE A MEDICINE PRESCRIBED BY YOUR DOCTOR:

- Follow the directions on the medicine bottle, and know how much to take and how often to take it.
- A medicine is prescribed for you and only you. Do not share drugs or give them to others.

IF YOU HAVE UNUSED PRESCRIPTION MEDICATIONS:

- Safely throw away prescriptions:
 - ◊ Keep medication in its original container.
 - ◊ Mix with hot water and make it less appealing by adding used coffee grounds or kitty litter.
 - ◊ Place inside a container such as an empty yogurt or margarine tub and tape it shut.
 - ◊ Throw out the container in the trash.

IF YOU HAVE CHILDREN OR TEENAGERS LIVING WITH YOU OR VISITING YOU:

- Keep your medications in a safe area where only you have access to them.
- Do a pill count. Know exactly how much medication you have, so you can tell if any is missing.
- Talk about prescription drugs. Stress that they are only safe for the person who receives the prescription from the doctor.
- For good advice on how to talk to your child/teen go to www.drugfree.org.
- Do not let a child/teen take a prescription drug that was not prescribed for them.

OTHER ADVICE:

- When taking prescription medicine be careful using additional medicines (including over-the-counter) and avoid drinking alcohol. Consult your doctor or pharmacist if you have questions.
- In case of poisoning contact the Connecticut Poison Control Center at 1-800-222-1222.