

## KNOW THE FACTS

- “Pharm parties” are quickly becoming popular among adolescents. Prescription drugs are dumped in a bowl and taken by the handful, which results in dangerous drug interactions and overdoses.
- Every day, 2,500 youth 12- to 17-years of age abuse a prescription pain reliever for the first time.
- Among young adults 18- to 25-years of age, prescription drug abuse is second only to marijuana use.
- Prescription drug abuse causes the largest percentage of deaths from drug overdosing.
- Surveys show nearly half of teens believe prescription drugs are much safer than illegal street drugs. Sixty percent to 70 percent of teen prescription drug abusers say home medicine cabinets are their source.



## Medicines recommended for disposal by flushing

[www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm#Flushing\\_list](http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm#Flushing_list)

## Prescription drug packages inserts

<http://dailymed.nlm.nih.gov/dailymed/about.cfm>

## Information about the dangers of prescription drugs

[www.talkaboutrx.org](http://www.talkaboutrx.org)



## Illinois Department of Public Health

Division of Medical Cannabis

535 W. Jefferson St.  
Springfield, IL 62761

Toll-free: 855-636-3688

Phone: 217-785-4093

TTY: 800 547-0466

E-mail: [DPH.MedicalCannabis@illinois.gov](mailto:DPH.MedicalCannabis@illinois.gov)

Printed by Authority of the State of Illinois  
P.O.#3115007 500 9/14

IOCI 15-164



State of Illinois  
Illinois Department of Public Health

# Mind Your Meds



**BASIC MEDICATION SAFETY TIPS**

## SAFEGUARD YOUR MEDICATIONS

- **Store medications in a secure and dry place.** Do not leave medications in a visible place. Consider using a lock box or hiding them somewhere where they cannot be found.
- **Keep track of your medicine.** Count how many pills you have at any given time to check for missing medicine.
- **Don't share your medications under any circumstances.**
- **Keep a low profile.** Your medications are your business. Do not tell your friends about the medicines you take.



## DISPOSE UNUSED MEDICATIONS

Medications play an important role in treating many conditions and diseases, but when they are no longer needed it's important to dispose of them properly to avoid harm to others. Here are ways to properly remove expired, unwanted or unused medicines from the home.

- **Medicine take-back programs.** Contact your city or county government's household trash and recycling service to see if there is a medicine take-back program.
- **Disposal in household trash.** Mix medicines (do not crush tablets or capsules) with an unpleasant substance, such as kitty litter or expired food, then place the mixture in a container, such as a sealed plastic bag, and throw it in your household trash.
- **Always remember to scratch out information on the prescription label to make it unreadable.**



Medications can be harmful and fatal when used by someone other than the person for whom the medicine was prescribed. To prevent accidental ingestion by children, pets or anyone else, some medications have specific disposal instructions to be flushed down the sink or toilet as soon as they are no longer needed, and when they cannot be disposed of through a medicine take-back program. For a detailed list of medicines that can be flushed, see the website information on the back of the brochure.