

STAND OUT

THROW IT OUT.

NO

EXCUSE

TO

ABUSE

People misuse prescription drugs for a variety of reasons. Some of those include different kinds of peer pressure or social events, but others involve simply trying to self-medicate to manage pain, mental or physical (sometimes undiagnosed) disorders, or stress. Still others opt to try using prescription drugs because they believe it will improve their memory, grades, or overall intelligence. Lastly, there are those who abuse these substances for the physical effects—the “nod” or the “high” they experience when they use.

Prescription drugs are typically seen as “safer” than other drugs because they have medical uses; this is not the case.

What can you do about prescription drug misuse or abuse?

Here are some ideas:

- Only use medications as directed
- Don't take strange pills given to you by others
- Talk to your doctor about non-addictive options for treatment
- Store your medications in a safe place
- Call 911 if there's a prescription drug medical emergency
- Properly dispose of expired or unused medications
- More than half of people misusing prescription drugs get them from friends or relatives.

There are lots of safe ways to dispose of old, expired or leftover prescriptions. Walgreens has 600+ safe disposal kiosks in 45 states. If you can't find one, you can contact the DEA's Registration Call Center at 1-800-882-9539 to find a disposal place. There's also a nationwide Prescription Drug Take Back Day every year; local organizations hold events to collect and dispose of old medicine.

