

Don't let anyone take what's yours.



Your Prescription  
Your Responsibility

Prevent your children, family and friends from misusing your medication. Secure your meds in places they cannot access.

BE AWARE. DON'T SHARE.  
**LOCK YOUR meds**

Why Does It Matter?

North Carolina Emergency Departments reported 8,330 Opioid Overdose visits in 2020.<sup>1</sup> Over 8 North Carolinians a day, lost their lives to medication overdose.<sup>2</sup>

### HOW COMMON IS IT?

1 in 7 youth have taken a prescription pain medication without a doctor's prescription or differently than how prescribed.<sup>3</sup>

### WHERE DO THEY GET THEM?

47.2% of people who misuse prescription medications get them from family and friends.<sup>4</sup> They think these medications are safe. But in the wrong hands, they're not.

### WHAT CAN YOU DO?

- ✓ Secure all prescription medication in a locked box or cabinet to prevent others from taking it.
- ✓ Take regular inventory of your medications to make sure nothing is missing.
- ✓ Safely dispose of all unused or expired medications.
- ✓ Teach young people in your life about the dangers of taking medications that were not prescribed to them.
- ✓ Spread the word by letting friends and family members know about the dangers of unsecured prescriptions.

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1. CDC, Prescription drug overdoses, 2019-2020. <https://www.cdc.gov/drugoverdose/painrelief/2019-2020.html>  
2. CDC, Prescription drug overdoses, 2019-2020. <https://www.cdc.gov/drugoverdose/painrelief/2019-2020.html>  
3. CDC, Prescription drug overdoses, 2019-2020. <https://www.cdc.gov/drugoverdose/painrelief/2019-2020.html>  
4. CDC, Prescription drug overdoses, 2019-2020. <https://www.cdc.gov/drugoverdose/painrelief/2019-2020.html>