



Prescription drug abuse is the fastest growing drug problem in the United States. We can all play an important role in preventing prescription drug abuse by safeguarding our homes and our medications by following these simple steps:

MONITOR • EDUCATE • DISPOSE • SECURE

MONITOR

EDUCATE

DISPOSE

SECURE



BE AWARE OF YOUR  
**M.E.D.S.**



[OakGov.com/Health](http://OakGov.com/Health)[@PUBLICHEALTHOC](https://www.facebook.com/publichealthoc)

The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and Federal eligibility requirements apply for certain programs.





## MONITOR

- Keep track of how many pills are in each prescription bottle or pack.
- Keep track of refills on your prescriptions and those of others in the household.
- If you need to refill prescriptions sooner than usual, this could indicate a problem.
- Monitor your teen's medication (dosages and refills).
- Encourage friends and family, especially grandparents, to regularly monitor their medications.



## DISPOSE

- Dispose of medicines safely to prevent medication abuse and environmental pollution.
- Visit *Operation Medicine Cabinet™* to learn where you can safely dispose of expired or unused prescriptions. For Oakland County disposal sites, visit [www.oaklandsheriff.com](http://www.oaklandsheriff.com).
- Do not dispose of prescription or over-the-counter drugs in the garbage or down the drain of a sink or toilet.
- Prevent illegal refills by removing labels from prescription bottles before disposing.



## EDUCATE

- Saving unused or unneeded medication to use again in the future could be dangerous if, for example, interactions with new medication occur, dosage needs change, or medications become expired.
- Ask yourself if medication is needed to manage pain. Consider alternatives, such as acupuncture, exercise, chiropractic care, massage, dietary approaches, therapy, or stress reduction techniques (yoga, hypnosis, etc.).
- Abusing prescription drugs is illegal, including sharing.
- Educate yourself and family members on the dangers of abusing prescription drugs and the importance of following medication instructions and dosages.



## SECURE

- Keep medications, both prescription and over-the-counter, in a safe and secure location, such as a locked cabinet or private bathroom.
- Encourage friends, family and the parents of your teen's friends to secure their medications.



For questions concerning safeguarding your home and prescription medications, please contact:

**Nurse On Call (NOC)**

..... 1-800-848-5533  
..... [noc@oakgov.com](mailto:noc@oakgov.com)

**Poison Control**

..... 1-800-222-1222

**Operation Medicine Cabinet™ (OMC)**

..... [oaklandsheriff.com](http://oaklandsheriff.com)