



## The Prescription for Prevention: What you can do to prevent Rx abuse:

### Store medicines safely and securely.

- Monitor quantities in each container
- Control access to medications
- Apply this strategy to medications for adults and children in the home.

### Model and teach medicine safety to your children.

- Don't share prescriptions with others.
- Follow the doctor's dosing instructions.

### Ask friends and family to safeguard medications.

- Talk to friends and relatives, particularly grandparents.
- Encourage them to keep medicines secure and to monitor them.
- If you don't know the parents of your child's friends, get to know them and share your values and rules concerning drugs.

### Dispose of expired, unwanted, or unused medications.

- Do NOT flush medications unless directions say otherwise.
- If you throw them away in the garbage, mix them with an undesirable substance like coffee grounds or kitty litter to keep teens and others from taking them.
- The safest and most secure solution is to bring your expired and unwanted medications to the free Lewiston/Auburn Medicine Disposal Day. (see other side for details)