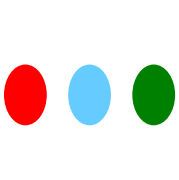


Prescription Drug Storage and Disposal

Practices to protect yourself and your family.



Storage

How to safely and properly store your medications

- Lock-up or hide painkillers so that they are not easily taken. Keep a count of how many pills you have.
- Always store drugs out of children's reach.
- Keep medicines in their original containers.
- Check expiration dates each time you take a drug.
- Never use a medication that has changed color, texture, or odor, even if it has not expired.

Easy access to medicine contributes to accidental drug poisonings and prescription drug abuse.

Keeping old and unused medications in your home can put you or your family at risk of:

- **Poisoning.** Children and pets may get into the medicine and become sick or die.
- **Having medicine stolen.** People who have access to your house may go through medicine cabinets and take the drugs without your permission.
- **Taking medicine after its expiration date.** All drugs have expiration dates, and many don't work as well after this date. Some can degrade in quality and make you sick.
- **Using medicine unwisely.** Self-medicating with your own old medicine may lead to delayed treatment of a serious medical problem. The medicine may be expired, or you may have unexpected reactions because of new medications you are taking.

Tips for safe use of prescription drugs

Never share your prescription medications with anyone else. It's unsafe and illegal.

Another person may react differently to the medication. You may be endangering someone's life if you give them medicine that was meant for you.

If you take opioids, talk to your doctor about limiting the time you take them. You may want to ask if you can try a non-opioid drug first.



For more information about prescription drug safety visit: <http://www.samhsa.gov/rxsafety>



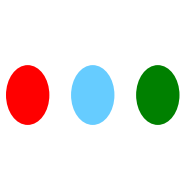
Pontotoc County Drug Free Coalition



United to reduce prescription drug abuse.
www.pcdfc.org

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Disposal

What to do with unused and expired medications

Utilizing a drug take back drop-box is the safest method for drug disposal.

Pontotoc County Take-Back Locations:

Pontotoc County Justice Center

1814 N. Broadway, Ada
Phone: 580-332-4169

Chickasaw Nation Medical Center Pharmacy

1921 Stonecipher Blvd., Ada

Chickasaw Nation Ada Senior Center

1005 Chamber Loop, Ada

Chickasaw Nation ReUse Center

2205 North Broadway, Ada

Chickasaw Nation Kullihoma Senior Center

12 miles east of Ada on Hwy. 1, then 5 miles South on Kullihoma Road

Ada Police Department

231 S. Townsend, Ada
Phone: 580-436-8018

Allen Police Department

109 N Memphis St., Allen

Roff Police Department

110 E. Main, Roff

Chickasaw Nation Lighthouse Police Department

1130 W. Main, Ada



Safe Disposal at Home:

If you are unable to utilize a prescription drug drop box, take unused drugs out of their containers. Crush and dissolve pills in a small amount of water and mix with something undesirable, like used coffee grounds or kitty litter.

Put them in an empty can or sealable bag to help guard the drugs from being taken by children or pets, or found by other adults. Throw these containers in the trash.

Ask your pharmacist if you have any questions or need help disposing of old medications.



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