

June is Home Safety Month

and School is Out...

Do you know where your drugs are?

The first place kids look for alcohol, tobacco, and other drugs is in their own home. Make your home a safe place to be this summer.

Prescription and over-the-counter (OTC) medications are fast becoming the new “party drugs” for kids 1 in 5 teens have used prescription medication to get high

Kids who smoke cigarettes are likely to be drinking alcohol too

27:28 NH high school students who reported smoking cigarettes also reported drinking alcohol

Inhalants dangerous, poisonous, and VERY easy to get

By the time they are in the 8th grade, 1 in 5 students in America has used an inhalant to get high

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- Talk to your kids about the dangers of using alcohol, tobacco, and other drugs—*make sure to include prescription and OTC medications*
 - Take a “Medication Inventory” - check all places in your home that you store medications
 - Make sure all medication is stored in a safe place
 - Know how and when to safely dispose of unneeded or out-of-date medication
 - Learn the dangers, signs, and symptoms of inhalant abuse—www.inhalantabusetraining.org
 - Lock up your alcohol and tobacco products

Where can I get help for my child or myself?

NH Bureau of Drug & Alcohol Services

1-800-804-0909 (press 1)

New England Poison Center

1-800-222-1222

NH Smokers Helpline

1-800-Try-To-Stop (800-879-8678)

dispose of your unneeded medication

Help prevent pollution, poisonings and drug abuse! Dispose of your unneeded medications by following these six steps.

6 steps to safety

- 1) Pour medicine into a sealable plastic bag.
- 2) If the medicine is a solid, add a small amount of water to dissolve it.
- 3) Add any undesirable substance (such as dirt, coffee grounds or kitty litter) to the liquid medicine in the plastic bag.
- 4) Seal the bag and immediately dispose of it in the trash for regular pick-up.
- 5) Use marker to black out any personal contact information on the empty medicine container prior to disposing of it in the trash.
- 6) For more information consult www.nh.gov/medsafety.

*Don't keep unneeded medications in the home.
Please do not flush medication down the toilet unless the
product information says it is safe to do so.*

**For more information on medications or in case of
accidental poisonings call the Poison Center
1-800-222-1222**

parents of teens:

Watch your Medicine Cabinet!

Prescription and over-the-counter (OTC) medications are fast becoming the new “party” drugs for kids. One in five teens have used prescription medication to get high. It is often easy for kids to get these from home, stores and the web.*



What to do:

- Set an example: Do not be casual about using prescription or OTC drugs.
- Tell your kids that getting high on legal prescription and OTC drugs is NOT safer than getting high on illegal street drugs.
- Check out the drugs in your home – do a **“Medicine Inventory”**
 - Look at the contents of your medicine cabinets, kitchen cabinets, bureau tops, purses or anywhere in the house where you may store medicines.
 - Put medications away. If you currently need these drugs, put them in a place where you can get to them easily, but where your child or others are unlikely to look.
 - If necessary, monitor the pill quantities and medicine levels in your prescription and OTC drug containers.
 - If you have left-over prescription medications in your house, get rid of them. (*See disposing of medications at www.nh.gov/medsafety.*)
 - Only buy OTC drugs when you need them.
- Urge your friends – especially the parents of your children’s friends – to perform medicine inventories of their own.
- Take special precautions if someone in your home is at risk for suicide or substance abuse.

For more information:

Alcohol, Tobacco and Other Drug Abuse Clearinghouse
800-804-0909 (NH) or 603-271-2677

For medication abuse & pill identification call the
Northern New England Poison Center at 1-800-222-1222

Disposing of medications: www.nh.gov/medsafety

FACT SHEET

Alcohol, Tobacco and Other Drug Abuse Clearinghouse

NH Department of Health and Human Services
Bureau of Drug and Alcohol Services
105 Pleasant Street, Concord, NH 03301
800.804.0909 / 603.271.2677 / FAX: 603.271.6105

Fact sheet for Adults

Inhalant abuse: it's deadly

What is inhalant abuse?

It is the deliberate sniffing or huffing of common products found in homes to obtain a “high.”

What are the effects of inhalant abuse?

- nausea or vomiting
- double vision
- irregular heartbeat and/or cardiac arrest
- disoriented/slurred speech
- loss of bodily functions
- brain, liver or kidney damage



What products are abused?

- some glues, marking pens
- gasoline, butane lighters, air conditioning gases, freon
- paint thinners, spray paint, computer air dusters, canned air fresheners
- any product in aerosol cans

Many children say they begin sniffing when in grade school, how can you tell if a young person is an inhalant abuser?

Symptoms include:

- red or runny eyes and nose, unusual breath odor
- chronic inhalant abuser may exhibit anxiety, irritability or restlessness
- drunk or dazed appearance
- spots and/or sores around the mouth

Teach youth product safety:

Teach them to read labels and follow directions carefully. Inhalants are poison and can kill suddenly, even those who sniff for the first time.

For more information:

NH Inhalant Abuse On-Line Training for Adults, www.inhalantabusetraining.org
Alcohol, Tobacco and Other Drug Abuse Clearinghouse 603-271-2677 or (NH) 800-804-0909
The Northern New England Poison Control Center at 800-222-1222

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