

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