



Dangerous Pain Pills: What You Can Do

To keep potentially deadly prescription drugs from getting into the wrong hands, especially those of your children and grandchildren, here is how you can dispose of any excess medications you may have. Thank you to the N.O.P.E. Task Force (Narcotic Overdose Prevention and Education) as a reference:

- Keep in original container to identify contents if accidentally ingested.
- Mark out your name and prescription number.
- Add water to dissolve pills.
- Add something inedible (cat litter or dirt) to liquids.
- For those with limited mobility, the FDA recommends flushing the medicine down the toilet. It is simple, immediate and an easily accessible method.

You must still be vigilant in watching for abuse by people you know. Watch for these signs:

- Slurred Speech
- Drowsiness
- Pinpoint Pupils
- Constipation
- Type of Friends They Hang Out With
- Sudden Change in Grades or Behavior

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