

# WHAT'S IN YOUR MEDICINE CABINET?

*Help be a part of the solution to the opioid epidemic*

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Misuse of prescription drugs is a common way for teens and adults to start down the road of addiction. The most typical place young people get access to prescription drugs is their home medicine cabinet. A few simple steps can have a significant impact on limiting unsafe access to these powerful drugs:

- 1) Immediately and safely dispose of any unused medication.** Newton has three medication disposal kiosks operating year-round: Newton City Hall (1000 Commonwealth Ave. red kiosk in the front of the building), Newton Police Station (1321 Washington St) and the West Lobby of Newton-Wellesley Hospital (2014 Washington St). Only solid medication can be disposed of at these locations, no liquids or needles. If you are unable to dispose of medication at these sites, and there are no specific disposal instructions in the product package insert, follow these simple steps: mix the medicine with an unpalatable substance such as dirt or cat litter; place the mixture in a container such as a sealable plastic bag; and throw the container in your household trash.
- 2) Secure all prescription drugs** that are currently being used in a lock box or other inaccessible location.
- 3) Track all prescriptions** including counting pills to ensure they are not being taken inappropriately.
- 4) Talk to your kids** about never taking any drugs that are not prescribed specifically for them by their health care provider.
- 5) Talk to your health care provider** about limiting prescriptions of opioids and seeking alternative strategies for pain management when possible.

1. <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm#MEDICINES>

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Visit [www.newtonma.gov/newtonpath](http://www.newtonma.gov/newtonpath) to learn more.