

DISPOSE OF EXPIRED & UNUSED RX

RX MISUSE CAN AFFECT YOUR FAMILY & FRIENDS

Idaho ranks 25th nationally for pain reliever misuse for individuals 12 years of age and older, and 11% of Idaho youth have misused prescription (Rx) drugs.^{1,2}

Many people think prescription and over-the-counter drugs are safe. But it's dangerous—even fatal—for them to use meds that are not prescribed to them or to take their own prescribed meds incorrectly.

KEEPING OLD RX INCREASES ACCESS & POTENTIAL FOR MISUSE

Idaho youth got their misused medication most often from their own prescription, followed by from friends and family.¹



19%

took from friend/family

27%

given by friend/family

44%

own prescription

YOU CAN MAKE A DIFFERENCE

- Dispose of unused, unwanted, and expired meds in take-back boxes at local law enforcement agencies or participating pharmacies.
- Why not just throw them out? Medications that are flushed or thrown in the trash can seep into groundwater and get into rivers and lakes, harming the environment and community drinking water.³
- Share what you've learned about the dangers of prescription drug misuse and proper disposal with your child, family, and friends.

Learn more at StopOverdoselIdaho.org.

¹ Idaho Office of Drug Policy, *Idaho Healthy Youth Survey*, 2017 State Report.

² SAMHSA Center for Behavioral Health Statistics and Quality, *National Survey on Drug Use and Health 2016 and 2017*

³ U.S. EPA, *How to Dispose of Medicines Properly*, April 2011