Only use prescriptions as instructed by a healthcare professional.

HELP REDUCE RISK

DRUG DEPENDENCY & ADDICTION

DANGEROUS INTERACTIONS

Some medications aren’t as safe as you think!

Visit us online at GenerationRx.org ©2019 The Ohio State University
Never share or take someone else’s meds

1. You wouldn’t share your toothbrush or underwear so why share your medication?

   Some things just belong to YOU!

2. When you ask for my medication, you ...
   ... use our friendship to get drugs
   ... disrespect my health needs
   ... put me at risk for trouble

3. Sharing or taking medication without a prescription is illegal

   How would a drug-related offense impact your future?
Secure medications in lockable spaces & safely dispose

**STORAGE**
Consider lock-boxes, medication safes, or a locked desk drawer

**DISPOSAL**

**BEST OPTION:**
Place the medication in a drug drop box or take advantage of a drug take-back event
rxdrugdropbox.org

**AT HOME:**
Mix pills with an undesirable substance
Throw away the sealed mixture
Remove label before throwing away bottle

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HOW TO SAFELY MANAGE STRESS:

- prioritize tasks
- yoga
- eat a healthy diet
- get enough sleep
- recognize accomplishments
- exercise
- laugh
- talk to friends
- make a plan