

Preventing Prescription Drug and Opioid Abuse In My Community

What Can *My Community* Do?

Host a community forum that addresses issues related to prescription drug/opioid abuse. Bring together law enforcement, pharmacies, ambulance services, behavioral health programs, schools, hospitals, business owners, community members, and other stakeholders.

Expand, initiate and promote community Take Back locations. To see the Take Back locations near you, visit: www.ag.nd.gov/pdrugs/takebackprogram.htm.

- Encourage local pharmacies to become Yellow Jug Old Jug Take Back locations if they aren't already. For more information and an application for pharmacies to participate, visit: www.nodakpharmacy.com/disposal.asp.
- Hold a Take Back Day to encourage community members to safely dispose of unused/old medications.
- Encourage community members to utilize available Take Back Programs.

Encourage local pharmacists to consider becoming a trained pharmacist able to prescribe naloxone. For more information, visit: www.nodakpharmacy.com/naloxone.asp.

Share resources and information about issues related to prescription drug/opioid abuse and overdose prevention. Visit behavioralhealth.nd.gov/opioids for free resources.

- Place articles and opinion editorials into community bulletins, local newspapers, chamber newsletter, etc.
- Post flyers and posters in stores, pharmacies, hospitals, nursing homes, and other locations around town.
- Set up a booth at a frequented community location (post office, clinic, community center, etc.) with information about local Take Back locations and how to safeguard/lock prescription drugs.



Tips For Effective Prevention Efforts

- ✓ Review local data to drive efforts.
- ✓ Incorporate a consistent message from multiple groups of people/organizations (e.g. school, parents, youth, law enforcement, etc.).
- ✓ Implement efforts over a period of time and in many ways (e.g. media, education, policy, etc.).
- ✓ Impact the entire community and not just one person. Bring together law enforcement, pharmacies, ambulance services, behavioral health programs, schools, hospitals, business owners, community members, and other stakeholders.
- ✓ Focus on limiting access to prescription drugs (to those who do not legitimately need medication).

What Can I Do?



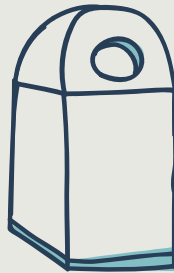
Lock

Keep medication out of sight and in a safe and secure place.



Monitor

- ✓ Keep track of your medication and take only as directed.
- ✓ Monitor your remaining doses.
- ✓ Don't share your medication with others.



Take Back

Drop off unused medication at local Take Back locations.

To find the location near you go to takeback.nd.gov and click on locations.

If a local Take Back location is not available:

- Take your prescription drugs out of their original containers.
- Crush and mix drugs with undesirable substances, such as cat litter or used coffee grounds.
- Put the mixture in a sealable bag or a disposable container with a lid to prevent the medication from leaking or breaking out of a trash bag.
- Conceal or remove any personal information, including prescription number, on the empty containers by covering it with black permanent marker or by scratching it off.
- Place the sealed container with the mixture, and the empty drug containers, in the trash.

When in doubt about proper disposal, contact your local pharmacist. Don't flush prescription drugs down the toilet or drain.