

Prescription Drug Abuse Prevention

Prescription drugs are an important and often necessary aspect of medical care. However, some are addictive and dangerous when misused.

When is taking a prescription medication considered abuse?

Prescription medication should only be used as directed by a licensed physician, and only by the person it was prescribed to. There are varying levels of prescription drug abuse, including:

- ▶ Taking medication prescribed for someone else, even a family member
- ▶ Taking a higher dose of medication than recommended by the prescribing physician
- ▶ Continuing to take medication when it is no longer needed for medical care and without a physician's direction
- ▶ Taking prescription medication in order to get high
- ▶ Taking prescription medication for any reason other than that intended by the prescribing physician

What is the Harm?

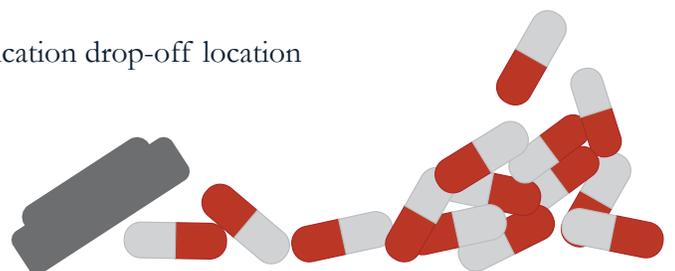
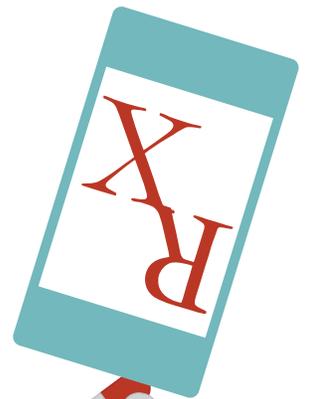
Although some people see prescription drugs as a “safe” alternative to illegal substances, there are many risks associated with abusing medication.

The majority of fatal overdoses involve a prescription drug. Risk of overdose is increased when mixing prescriptions with other medications and alcohol.

Prescription drugs, especially opioids, pain relievers, muscle relaxants, and benzodiazepines can be addictive, leading to a lifetime of dependence. Risky drugs include: opioid pain killers like Oxycontin, and benzodiazepines like Xanax and Valium.

What can parents do to prevent prescription drug abuse?

- ▶ Educate yourself about prescription drug abuse
- ▶ Talk to your children about prescription drugs, including the risks associated with abusing them
- ▶ Set a good example for your children by making sure that you are properly using prescription medication
- ▶ Store your medication in a secure place
- ▶ Take your unused or outdated prescriptions to a safe medication drop-off location





North Harris County Substance Abuse Prevention Coalition (NHCSAPC)

Prescription Drug Disposal

Medication disposal boxes are a safe, free way for individuals to dispose of their unwanted, unused, or expired prescription drugs. The following locations conveniently provide prescription drug disposal boxes in North Harris County:

Walgreens

- 📍 6610 Tidwell Road
Houston, TX 77016
- 📍 105 West Road
Houston, TX 77037



Medications Accepted:

- ▶ Prescriptions drugs
- ▶ Ointments and creams
- ▶ Liquid medication
- ▶ Lotions
- ▶ Pet medications
- ▶ Prescription patches
- ▶ Over-the-counter medications
- ▶ Vitamins

Medications **NOT** Accepted:

- ▶ Needles and other sharp objects
- ▶ Inhalers
- ▶ Aerosol cans
- ▶ Hydrogen peroxide
- ▶ Thermometers
- ▶ Illicit substances