



LOCK YOUR MEDS

Be Aware. Don't Share.

Things You Can Do

- **Remove** drugs from your medicine cabinet and hide them, lock them up or take them out of your house
- **Safeguard** all medicines that have to remain at home by monitoring quantities and controlling access
- **Take inventory** by writing down the names and amounts of medications you currently have and regularly check to see if anything is missing
- **Monitor** the dosages and refills if your child is on prescribed medication. Set clear rules, such as, not sharing and always following proper dosages
- **Warn** your youngsters that taking prescription or OTC drugs without a doctor's supervision can be just as dangerous and potentially lethal as taking street drugs
- **Supervise** your child's **Internet** use: many pharmacy sites are not regulated and will sell your child medications without prescriptions

For more information about how to dispose of pharmaceuticals safely call 311 or go to www.northhempsteadny.gov

