

"More than three in five teens say prescription pain relievers are easy to get from a parent's medicine cabinet."

Lock Up Your Meds.

THE FACTS.

- Prescription drug abuse is the fastest-growing epidemic in the United States
- South Orange County has seen a dramatic increase in the illegal use of prescription drugs by high school and middle school students.
- 70% of kids surveyed by Mission Hospital said they obtain prescription drugs free from their families' and friends' homes.
- 1 in 5 teens admit to abusing a prescription drug.
- Teens sell prescription pills to friends for profit.

LOCK UP YOUR MEDICATIONS.

Lock up your prescription medications and over-the-counter drugs that can be abused by teens. Keep your children safe from highly abused drugs as well as your children's friends who visit your home by locking up your medications.

WHAT MEDICATIONS SHOULD BE LOCKED UP?

The most commonly abused medications are OxyContin, Vicodin, Xanax, Valium, Fentanyl, Opana, Concerta, Adderall, Ritalin, Prozac, and cough/cold syrups. All medications can be dangerous if taken incorrectly or abused.

DISPOSE OF UNWANTED DRUGS SAFELY.

The San Clemente Police Station has a Safe Medication Drop-off Box to dispose of unwanted medications. This service is safe, free, and anonymous. No forms to fill out.

San Clemente Police Services' office at 100 Ave. Presidio.
Mon.-Thurs. 8:00 am to 4:00 pm. No appointment needed.

A safe for prescription or over-the-counter drugs can be purchased at an office supply store or large retail store.

A tackle box or footlocker with a padlock is also a good economical option.



Wellness & Prevention Center.

SAN CLEMENTE

More Information:

Susan Parmelee, Program Director
949.680.0516 or

wellnessandpreventionsanclemente.com

Drug overdose is the #1
cause of accidental death
for OC teens. (OCSD)

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MEDICAL HISTORY FORM

- Asthma
- Bleeding Problems
- Cancer
- Diabetes
- Heart Murmur
- Heart Trouble
- High Blood Pressure
- Alcohol/Drug Abuse
- Kidney Disease
- Liver Disease

It's the Way you Ask.

The stigma associated with substance abuse may inhibit a patient from declaring addiction or abuse on a medical history form.

Possibly, a slight change in wording would make patients feel more comfortable in answering addiction questions.

Please consider adding an additional question to your health history form that would read:

- Would you prefer not to be prescribed prescription pain medication?

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