

Pain Medicine Safety

Opioids are medicines used for pain. Abuse of opioids by children and teens has tripled in the last 15 years. This handout lists ways to keep your family and friends safe.

Taking Your Medicine

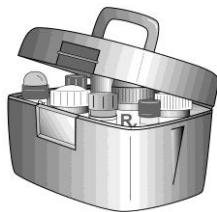
An adult must closely watch a child or teen taking opioids. The adult should check that it is the **right drug**, the **right amount**, and the **right time**.

An adult must keep track of extra medicine to avoid abuse by family members or guests in the home. Keep a count and make a plan for taking it.

Do not share or sell leftover opioids. It is not legal or safe!

Storage

Opioids should be stored in the package it came in and kept in a **locked** cabinet or box. This can be a locked medicine box or as simple as a padlock on a tackle box, in the locked gun safe, or a locked jewelry case.



If not locked up, a child or teen could consume the opioids on accident, overdose or steal them. Most teens know where medicines are hidden in the home.

How to Safely Get Rid of Opioids

Do **not** keep extra opioids at home! Get rid of them by taking them to a drug take back pharmacy or drop off site. Get rid of them **as soon as you no longer need them**.



To find safe drop off sites:

- Go to the Safer Community website. <https://safercommunity.net/meddrop/> Choose the “Drug Poisoning Prevention” tab and click on “MedDrop.”
- Go to the Dose of Reality website. <http://doseofrealitywi.gov/drug-takeback/find-a-take-back-location/>

If you can't take medicine to a drop off site, mix them with coffee grounds or cat litter. Put it in a sealed container in the trash. You could also flush them down the toilet.

Spanish version of this *Health Facts for You* is #7971s

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7971