



Red Rock RPC

November 2018

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With the Holidays approaching it is important to plan ahead for family and friends visiting. Keeping your prescription medications out of sight may not be a precaution many would think of, but is becoming more and more urgent in our World today. Since 2015, drug overdoses have become the leading cause of death in our Nation along Americans under 50. Oklahoma has ranked near the top in the nation in overdose deaths, with 437 Oklahomans who died result of opioid overdose in 2016.

Protecting your family and friends by planning ahead will help aid in a safer Holiday season for everyone! Ways to plan ahead and be safe:

Please keep your prescriptions in a safe place where family & friends do not have access to them; lock them up if necessary! Make sure medications are in the original bottle and keep track of the number of pills you have left so you know immediately when they are missing.

Only take medication prescribed to you and follow the doctor's advice. NEVER take more than the prescribed amount & NEVER sell or share your prescription medication.

Any un-used or expired medications can be taken to a local drop box. Go to [www.ok.gov/health](#) to learn more about drop boxes near you.

Thankful

HAPPY THANKSGIVING

Upcoming Meeting Dates

Nov. 2nd—CHAT-Corn Heritage Village-Weatherford @ 12pm
Nov. 14- CCIC-RISE Office-Anadarko @ 12pm
Nov. 19—Kiowa Coalition-Health Department-Hobart @ 1pm
Nov. 27—OPPA - Shawnee@ 11am

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For
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