



## FOR IMMEDIATE RELEASE

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## **Prescription for a Safe and Happy Holidays** *Check your medicine cabinet and lock them up*

**Yukon (December 09, 2019)** – The Holiday Season is full of family time, gatherings, and making special memories with loved ones. With all the festive activities and shopping, it is easy to forget safeguarding your prescription medications on your holiday to do list. However, this is an important time to make sure you are not an accidental dealer.

According to the 2016 Oklahoma Prevention Needs Assessment Survey, 12.5% of Grady County 6<sup>th</sup> graders reported obtaining their prescription drugs from their medicine cabinet at home compared to the State rate at 11.8%. Safeguarding prescription medicine properly is easy once you know what to do, and it's important for the health and safety of your family and others who come into your home.

Here some Do's and Don'ts of safely storing your prescriptions according to Safeguard My Meds:

- DO lock up prescription medicines that are at risk for being abused-ask your pharmacist or other healthcare professional if the prescription medicine prescribed to you or a household member has abuse potential
- DO store medicines in original containers – the label on the bottle provides important information about the medicine, such as, who it is prescribed for and the date it was dispensed
- DO keep track of how many pills you have
- DO properly discard medicines that unused or expired
- DON'T leave medicines in places that are easily accessible to children or pets
- DON'T keep medicine in unmarked containers
- DON'T leave medicines that are at risk of being abused in plain sight or in obvious places such as your nightstand or medicine cabinet.

Red Rock PFS Program's primary focus is to serve as a prevention community liaison. Red Rock SPF-PFS educates and informs communities through multiple strategies including community based services, environmental strategies, early recognition, and referral. We take the proactive approach in reducing substance abuse among communities. The SPF-PFS project is funded by SAMHSA (Substance Abuse and Mental Health Services Administration), CSAP (Center for Substance Abuse Prevention) and the ODMHSAS. For more information please visit [www.redrockrpc.com](http://www.redrockrpc.com) or [Okimready.org](http://Okimready.org) or you can also contact the Red Rock SPF-PFS Coordinator at (405)-808-1272.