

Seacoast Public Health Network



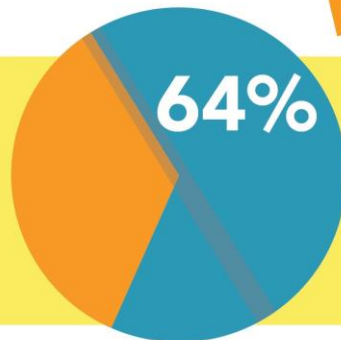
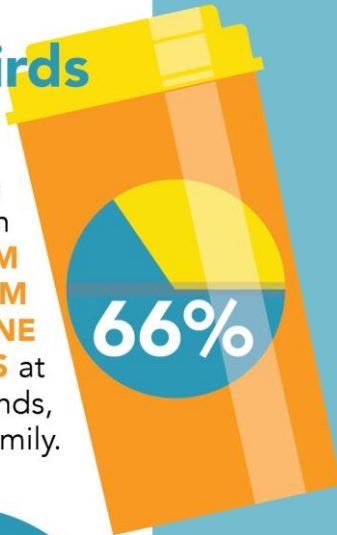
32%

of high school students in the seacoast region **HAVE IDENTIFIED EASY ACCESS TO PRESCRIPTION MEDICATION.**

The Youth Risk Behavior Surveillance System (YRBSS) Centers for Disease Control and Prevention

Two-thirds

of teens who abuse prescription medication **GET THEM FROM MEDICINE CABINETS** at home, friends, or family.



64% OF NH RESIDENTS WERE PRESCRIBED AN OPIATE IN 2016

The national average was 66.5%

Be aware of your **MEDS**

MONITOR: Always know **HOW MANY PILLS** are in your prescription bottles. Keep a written inventory to keep track!

EDUCATE: Learn about which prescription drugs are most commonly abused and recognize the **WARNING SIGNS OF ABUSE!**

DISPOSE: You can safely **DISPOSE OF MEDICATIONS** right at home using the Deterra Drug Deactivation System! You can also dispose of medications by bringing them to a local permanent drug take back box located within several police departments across the state.

SECURE: **LOCK UP MEDICINE** that is at risk of being abused in a cabinet, drawer, or safe.

For a drug take back box near you visit:

DEA.gov

For education tools visit:

rxsafetymatters.org

If you or someone you know is affected by a substance use disorder, please call the NH Statewide Addiction Crisis Line:

1-844-711-HELP

Accessible 24 hours a day. 7 days a week.

