

A 'SAFE HOME' INCLUDES RX DRUG ABUSE PREVENTION

National Healthy Homes Month (NHMM), June 2017, is a month-long celebration that offers an opportunity to learn more about housing and its impact on health. When thinking of potential hazards in your home, it is common to think about radon, water, fire, injury prevention, and more. While these are important, we must not forget to protect against the hazard of underage drug use and drug misuse in our homes.

Prescription drug abuse is our nation's fastest growing drug problem. Many people have unused or expired medications in their home that can easily become a source of access for someone seeking medications for non-medical purposes.

More than 70% of those abusing prescription drugs obtain them from family members and friends. Prescription drug abuse can impact anyone regardless of their income, age, education level, etc., including friends, family, teachers, community leaders, and others.

How can you prevent drug abuse in your home?

- Monitor prescription drugs and over-the-counter medications. Take note of how many pills are in each of your prescription bottles and keep track of refills.
- Lock prescription drugs in a medicine cabinet or safe. Keep cabinet or safe in a place that is out of sight and out of reach of children.
- Safely dispose unused or expired prescriptions and over-the-counter medications at secure drop off locations.

In addition to prescription drugs, it is important to monitor and lock alcohol, tobacco, medical marijuana and other drugs if kept in your home.

Find more information about the dangers of prescription drug abuse and how to start the conversation about drug prevention in your household, visit: www.talksooner.org.

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta,



The mission of District Health Department #10 is to promote and enhance the health of our communities and environment through protection, prevention, and intervention.



COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



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www.dhd10.org



healthdept10

Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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