Tips and Resources

Medication Safety

Safely using, storing, and disposing of your medications safely is the best way to prevent overdose and misuse in your community. Often, the first time that someone misuses a prescription medication is through a loved one’s medicine cabinet. Follow these medication safety tips to help protect yourself and others.

If you have opioids in the home you need to have Naloxone. Naloxone is a safe medication that safely stops opioid overdose. Ask your doctor or pharmacist for more information on how to get Naloxone.

Safe Use
- Never take medications that are not prescribed to you
- Never share medication
- Ask your doctor or pharmacist for dangerous effects with other substances like alcohol
- Never take a higher/lower dose than what your doctor recommends

Safe Storage
- Safely store your medications in a secure and locked location
- Keep track of how many medications you are taking to be able to notice when medications are missing
- Keep medications in original packaging

Safe Disposal
- Do not throw medications in the trash
- Dispose at a safe medication drop off site (can be found at many CVS/Walgreens) or visit: bit.ly/3ARGhLI

If you or someone you know is struggling with substance use, call 988 for access to help, hope, and resources. 24/7.