

Prescription Drug Overdose

The Prescription Drug Overdose workgroup is increasing awareness of the dangers and risks of prescription drug overdoses. Prescription drug overdoses are a growing problem in Nebraska.

What is prescription drug abuse?

Prescription drug abuse is when someone takes a medication in an inappropriate way, such as:

- Without a prescription
- In a way other than as prescribed
- For the “high” it elicits

What can you do?

- **Follow disposal guidelines:** No matter who you are, you can help address this issue in your home. By following the guidelines, you reduce the risk of unintentional diversion or harm. Learn how to dispose of leftover medicines, read, frequently asked questions about safe drug disposal, and get information on drug poisoning. Visit the Nebraska Meds website for more information about disposing of leftover medications. www.leftovermeds.com
- **Take advantage of community take-back programs:** Call your city or county government’s household trash and recycling service or your local police or sheriff’s department to see if a take-back program is available in your community. Visit the Nebraska Meds website for more information about take-back programs for leftover medications. www.leftovermeds.com
- **Talk to your kids:** It’s important that our children learn about the safe use and abuse of prescription drugs. Go to these resources to learn more about keeping children safe and talking to your children about the safe use of prescription drugs.
http://medicineabuseproject.org/assets/documents/parent_talk_kit.pdf
<http://www.safekids.org/medsreport>
- **Seek treatment and support individuals in recovery:** If you or a loved one needs help with substance abuse, find a treatment center near you today. Thousands of individuals who have struggled with addiction are now living healthy and happy lives with the help of treatment and recovery services. Visit Nebraska Health and Human Services Behavioral Health-Network of Care

website for more information.

http://dhhs.ne.gov/behavioral_health/Pages/networkofcare_index.aspx

The **Nebraska Regional Poison Center** provides families with a 24-hour, toll-free poison information line for the safety of citizens.

To call toll free, dial **1-800-222-1222**.

The center's specially-trained team of nurses, physician assistants and physicians will assess any situation and recommend treatments in a matter of minutes. When dealing with poisonings, those few precious minutes could save a life.

The **Nebraska Regional Poison Center's Prescription Drug Abuse** website includes a wide variety of resources about this topic, including peer-reviewed journal articles, public service announcements, videos and presentations..

<http://www.nebraskapoisson.com/Prescription-Drug-Abuse.aspx>

Additional resources can be found:

CDC General Drug Overdose

<http://www.cdc.gov/homeandrecreationalafety/overdose/index.html>

CDC Unintentional Poisoning

<http://www.cdc.gov/HomeandRecreationalSafety/Poisoning/index.html>

