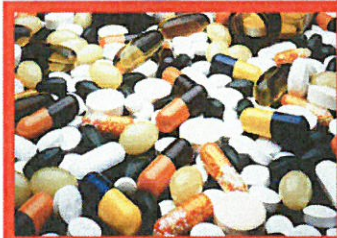
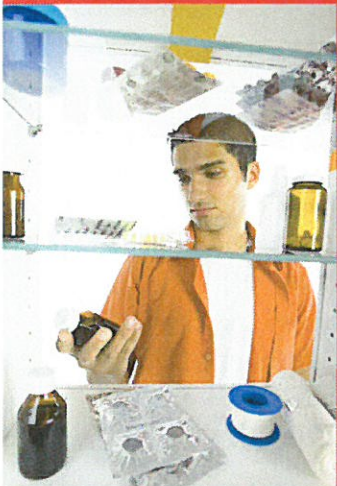


# Prescription Medication Misuse: Prevention, Recognition, Resources



7 Floridians die every day from prescription medication abuse – 5 times as many deaths as from all illegal drugs.

In 2008, more Floridians died from medication poisoning than from car crashes.

## Take Steps to Prevent Medication Misuse

1. Take medications with care: follow directions, have your pharmacist check for interactions between prescription, herbal and over-the-counter medicine.
2. Put medicines in a place where children and visitors can't get them.
3. Don't share medicines with others. It could cause illness and is against the law.
4. Dispose of unneeded medications:
  - a. Remove labels from pill containers
  - b. Mix pills with liquid to dissolve them
  - c. Stir in with coffee grounds, dirt or kitty litter
  - d. Seal container with tape and hide in an outdoor garbage can
  - e. Contact law enforcement agencies to find out about local drug take-back events

## Warning Signs that Someone is Abusing Medications:

- Unexplained need for money. May borrow or steal to get it
- Drop in attendance and performance at work
- Engaging in secretive or suspicious behaviors
- Appears fearful, anxious or paranoid with no reason
- Lack of motivation; appears lethargic or 'spaced out'
- Periods of unusual activity or extreme sleepiness
- Sudden mood swings, irritability or angry outbursts
- Unexplained change in personality or attitude
- Sudden change in friends, favorite hangouts and hobbies
- Frequently getting into trouble (fights, crashes, illegal activities)

Florida Poison Information Center Network:  
1-800-222-1222

[www.fpicn.org](http://www.fpicn.org)