

POISON PREVENTION

Follow these guidelines to prevent accidental overdose:

- Do not use drugs or other illicit substances alone.
- Do not mix drugs; if using opioids, avoid drinking alcohol and taking benzodiazepine.
- Do not use drugs if unsure of their potency. Do not take drugs that have expired.
- Do not use drugs after a period of prolonged nonuse (such as drug rehabilitation or prison).
- Do not use drugs in ways other than prescribed.
- Do not use poly-substances, including dietary and herbal supplements, without consulting a physician.
- Keep medications and chemicals in their original containers and in a safe place.
- Dispose of medications correctly. Most can be disposed of in the trash. The FDA and EPA recommend placing them in sealable containers mixed with an undesirable substance (e.g., cat litter). Some pharmacies will also take back unused medications. Some medications that may be especially harmful to others, such as opioids, may be safely flushed down a drain or toilet.

In addition, all parents, extended family members, foster parents, and others should take these steps to protect children from accidental poisoning:

- Save the Poison Center phone number, 1-800-222-1222, in your cell phone.
- Keep all medications and chemicals in childproof cabinets.
- Don't store poisonous substances near food.
- Do not leave children unsupervised in the vicinity of household products or drugs.
- Do not refer to medications as "candy."
- Identify poisonous plants in your house and yard and place them out of reach of children.

