

# DID YOU KNOW...



According to the Poison Control Center, more young children now visit U.S. emergency rooms for drug poisonings than for car accidents. The most dangerous prescription medicines for children to get into include those used to treat diabetes, anxiety, muscle spasms, sleep problems, heart disease, and opioid pain relievers. Educating and encouraging safe medication storage and disposal can play a huge role in keeping our youth safe.

## SAFE medication storage and disposal looks like:

- ✓ Keeping medications out of sight and reach of children
- ✓ Re-locking the cap on a medicine bottle after use
- ✓ Reminding guests to keep purses and bags that carry medicine in them up and away out of sight
- ✓ Utilizing a safe storage space, like a lock box, for medications while traveling with children
- ✓ Disposing of unused or expired medications at one of the many Medication Drop Box locations. For a full list of locations, visit [www.ochd.org](http://www.ochd.org)
- ✓ Using a safe at-home disposal method, such as a Detera bag. Medication should NEVER be thrown down the sink or toilet.

**Update your first aid kit to include Narcan! Narcan is a medicine that rapidly reverses an opioid overdose. The Ocean County Health Department is proud to offer FREE Narcan Training and kits to the public. For more information please contact:  
Amanda Santini, 732-341-9700 ext. 7285**



**Ocean County  
Health Department**