



NEWSLETTER INSERT

Lock Your Meds® To Save Lives.

In 2017, roughly 74,000 Americans died from drug overdose, which is more than from car accidents or gun violence. Where are young people getting these medications? Surprisingly, most abused prescription drugs come from friends and family, who are often the unintentional suppliers.

The Lock Your Meds® Campaign is a national campaign to promote prescription drug abuse prevention. The campaign asks parents to secure their medication, take inventory of their medicine cabinets, safely dispose of unused medication, and spread the word to family and friends.

Help protect your family from prescription drug abuse:

1. Take the Lock Your Meds pledge.
2. Talk with your kids. Tell them that prescription and over the counter drugs should only be taken with permission and under the supervision of a doctor, parent or guardian.
3. Secure and take inventory of your medicines. Download a medicine inventory card at www.informedfamilies.org/lym/inventory-card
4. Properly dispose of unused or expired medication.

For more information, visit www.informedfamilies.org/lym.

Check out www.informedfamilies.org/lym/safedisposal.



Enter to win a \$100 Publix gift card and locking medicine pouches by taking the Lock Your Meds pledge. Sign and return a Lock Your Meds pledge card to school or take the pledge at www.informedfamilies.org/lym.