

Medication Misuse & Abuse:

Prevention, Recognition, Response, & Resources

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. Proper medication disposal:
 - Remove labels from pill containers
 - Mix pills with liquid to dissolve them
 - Stir in with coffee grounds, dirt or kitty litter
 - Seal container with tape and hide in an outdoor garbage can
5. Contact law enforcement agencies to locate the nearest pill disposal box or ask about local drug take-back events.



Recognize Warning Signs of Medication Misuse & Abuse:

- Unexplained need for money; may borrow or steal
- Drop in attendance and performance at work or school
- 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)



Free, Confidential, Help 24/7
1-800-222-1222



POISON
Help
1-800-222-1222

Symptoms vary depending on Medication



Stimulants (diet pills, ADHD drugs, caffeine, etc.) can cause hyperactivity, agitation, twitching, irritability, lack of appetite, difficulty sleeping, restlessness, seizures, high blood pressure, fever, fast heartbeat and chest pressure

Depressants (muscle relaxants, pills for sleeping, pain relief or anxiety) can cause sleepiness, confusion, constipation, slow breathing, slow heartbeat, pinpoint pupils (black part of eyes get very small), noisy breathing (like snoring), vomiting, choking, weakness, coma and death

How to Respond in an Emergency:

- 1) If a person has taken medications and you can't wake them up, **call 911**. **Never** let them sleep it off. They may not wake up. **Start CPR** if needed.
- 2) If someone has taken medications and you're not sure what to do, call the **Poison Help line** at **1-800-222-1222**. It's free, confidential and open 24/7.
- 3) If someone needs help for medication addiction, call **SAMHSA Help Line** at **1-800-662-Help**.

For Additional Resources Visit

www.cdc.gov
www.fda.gov
www.nih.gov
www.drugabuse.gov



Florida Poison Information Center – Tampa

1-800-222-1222

www.poisoncentertampa.org