

# Health Unit Media Release

September 10, 2012



## **New Resource from Health Unit Encourages Leeds, Grenville and Lanark Community Members to Protect their Prescriptions**

With so many of Leeds, Grenville, and Lanark community members on prescription medication, it is no wonder that some people find it hard to keep track of all their pills.

Starting in October 2012, you will see a new resource when you go to pick up your prescription at the pharmacy called “*Protect Your Pin. Protect Your Pills*”. **Most people have started adopting the habit of protecting their debit or credit card pin numbers, and now the Health Unit wants you to protect your prescriptions too.** This resource was created by members of the Community Harm Reduction Steering Committee, and included a pharmacist, local police, a community member and staff from the Health Unit.

As seen on the resource, 1 in 6 kids in Grades 7-12 report non-medical use of a prescription drug at least once in the past year and 63% of those kids reported getting the drug from someone at home. So the question is: how can you keep your prescriptions safe?

### **Here are six tips that everyone taking prescription medication should follow:**

- Never speak in public about what prescriptions you are taking.
- Know how many pills you should have left in each of your prescription bottles.
- Store all medications in a place that is safe and secure. Never leave medications out in the open or in places where other can easily access them, like in your medicine cabinet.
- Never talk with anyone about where in your home you keep your medication.
- Never share your medication with anyone, even if you think you are on the same prescription.
- Always take back unused or expired medications to your local pharmacy.

**Protecting your pills using these tips can help to keep you, your family, and the public safe.** If you have any questions about this campaign, please contact Madeleine Ryer, Public Health Nurse, at 613-345-5685 or [harmreduction@healthunit.org](mailto:harmreduction@healthunit.org) . You can get more information about prescription drug safety at [www.healthunit.org](http://www.healthunit.org) or like the Health Unit Facebook page for important updates.

And remember, the Health Unit also helps to promote harm reduction by offering free and confidential services to local injection drug users, where new supplies (needles, sharps containers, and other safer injection equipment) can be obtained and used needles are returned.

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