

# Preventing Prescription Drug Abuse



## *What's the problem?*

- R Prescription drugs are medications that are to be used under a doctor's supervision. They can be life-saving when used as directed, but they can be dangerous and even deadly when taken in ways other than prescribed.
- R Prescription drug abuse is a growing drug problem in San Diego County; nearly 250 people died from prescription drugs in 2015.
- R Friends and relatives are the most common source of prescription drugs for non-medical use.

## *What you can do:*

- ✓ Use prescription medications only as directed.
- ✓ Don't share prescription medications with friends or family members.
- ✓ Keep your medications safe by storing them in a secure location and keeping track of them so visitors and youth can't find or steal them.
- ✓ Dispose of unused or expired medications as soon as possible at a DEA authorized collection box or Drug Take Back Day event.
- ✓ If you or a loved one becomes addicted to prescription drugs, seek professional help and treatment.

## *Permanent 'Drop Box' Locations in North San Diego County*

- Carlsbad Safety Center Lobby - 2560 Orion Way, Carlsbad
- Oceanside Operations Center - 4927 Oceanside Blvd., Oceanside
- Vista Station Lobby, SD Co. Sheriff's - 325 S. Melrose Dr., Vista
- Encinitas Station, SD Co. Sheriff's - 175 N. El Camino Real, Encinitas
- San Marcos Station, SD Co. Sheriff's - 182 Santar Place, San Marcos
- Fallbrook Substation, SD Co. Sheriff's - 388 East Alvarado St., Fallbrook

\*additional locations may be found in online searches, including some Walgreen's pharmacies and at [www.sdsheriff.net](http://www.sdsheriff.net)



## *More information and resources:*

San Diego County Prescription Drug Abuse Task Force

[www.sandiegorexabusetaskforce.org](http://www.sandiegorexabusetaskforce.org)

San Diego County Rx/Meth Hotline

877-662-6384

San Diego County Access & Crisis Line

888-724-7240

San Diego County Social Services Referral

2-1-1 or [www.211sandiego.org](http://www.211sandiego.org)

National Institute on Drug Abuse

[www.drugabuse.gov](http://www.drugabuse.gov)

Community Anti-Drug Coalitions of America

[www.cadca.org](http://www.cadca.org)

[www.PreventRxAbuse.org](http://www.PreventRxAbuse.org)

Cardinal Health Foundation Generation Rx

[www.generationrx.org](http://www.generationrx.org)

**The mission of the North Coastal Prevention Coalition is to reduce the harm of alcohol, tobacco, marijuana and other drugs in the cities of Carlsbad, Oceanside and Vista through community action, education, support and collaboration.**

Vista Community Clinic serves as the fiscal agent for NCPC grants and contracts.

Funded in part by the County of San Diego, HHSA, Behavioral Health Services.

For more information, call 760-631-5000 x7174 or visit

[www.northcoastalpreventioncoalition.org](http://www.northcoastalpreventioncoalition.org)

or

[www.vcc.clinic](http://www.vcc.clinic)

