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Each year over 1000 North Carolinians die from prescription medication overdose. For every one death, there are 17 emergency department visits. 1 out of 6 teens in N.C. report taking a prescription medication without a prescription. 53% of people who misuse medications get them from family and friends. What can you do?

- Count and properly secure any prescription medications
- Safely dispose of expired or unused medications at local drop box or take back event
- Talk to your friends and family about the dangers of prescription medication misuse

More information can be obtained at: www.lockyourmeds.org/nc

Did you know?

Saving on health care starts with prevention! Early detection and prevention will not only protect your health, but can save time and money as well.

Many convenience care centers, such as CVS and Walgreens, offer blood pressure and cholesterol screenings. These centers also offer flu vaccines and other immunizations. Some Wal-Mart and Target stores also have care centers that can treat simple aches and pains from fever, cold and flu, etc. These care centers are on a walk in basis and cost less than an emergency room visit, however, for any serious emergencies please go straight to an emergency room.