Most abused prescription drugs are stolen from friends or family.

192 Tulsa County residents died from a prescription opioid-related overdose between 2015–2017

What can you do to help prevent prescription drug abuse?

**Monitor**
Know what medications are in your home. Keep a regular inventory and avoid stockpiling medicines.

**Secure**
Keep your medicine secure from children and adolescents. Keep medicine under lock and key to prevent theft.

**Dispose**
Do not flush any medications. Bring unwanted or unused household medications and prescriptions to one of the safe medication disposal sites. (see reverse for locations)

The message is brought to you by the Coalition Against Prescription and Substance Abuse of Tulsa (CAPSAT). Funding provided by Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Prevention (CSAP) and the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS).
Tulsa Area Safe Household Medication Disposal Sites

- No syringes, inhalers or liquids accepted
- Oklahoma Bureau of Narcotics in partnership with Covanta Energy safely destroy the drugs collected from disposal containers through their Prescription for Safety Program
- The disposal process is anonymous

Important Phone Numbers

Oklahoma Poison Control Center
1.800.222.1222

Suicide Prevention Hotline
1.800.273.TALK (8255)

Tulsa Health Department
Regional Prevention Coordinator
918.595.4468

No illegal use of alcohol, tobacco, and other drugs shall be allowed or encouraged. Any excessive or abusive use of legal drugs by those of age will also be discouraged, including the abuse of pharmaceuticals.