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He gets his soccer skills  
from his mom.

His sense of humor from  
his dad.

And his drugs from his  
home medicine cabinet.

53% of people who abuse prescription drugs get them from family or friends. Prevent your children from abusing your own medication by securing your meds in places they cannot access.

**BE AWARE. DON'T SHARE.®**  
**LOCK YOUR MEDS.®**

For more info go to [www.informedfamilies.org/lym](http://www.informedfamilies.org/lym)





# DEAR PARENTS

## Lock Your Meds® To Save Lives.

In 2017, roughly 74,000 Americans died from drug overdose, which is more than from car accidents or gun violence. Where are young people getting these medications? Surprisingly, most abused prescription drugs come from friends and family, who are often the unintentional suppliers.

The **Lock Your Meds® Campaign** is a national campaign to promote prescription drug abuse prevention. The campaign asks parents to secure their medication, take inventory of their medicine cabinets, safely dispose of unused medication, and spread the word to family and friends.

### Help protect your family from prescription drug abuse:

- 1 Take the Lock Your Meds pledge.
- 2 Talk with your kids. Tell them that prescription and over the counter drugs should only be taken with permission and under the supervision of a doctor, parent or guardian.
- 3 Secure and take inventory of your medicines. Download a medicine inventory card at [www.informedfamilies.org/lym/inventory-card](http://www.informedfamilies.org/lym/inventory-card)
- 4 Properly dispose of unused or expired medication.

For more information, visit [www.informedfamilies.org/lym](http://www.informedfamilies.org/lym).

Check out [www.informedfamilies.org/lym/safedisposal](http://www.informedfamilies.org/lym/safedisposal).



## Lock Your Meds® Pledge Contest

Enter to win a \$100 Publix gift card and locking medicine pouches. Take the Lock Your Meds pledge. Return the completed pledge to school or take the pledge online at: [www.informedfamilies.org/lym](http://www.informedfamilies.org/lym).