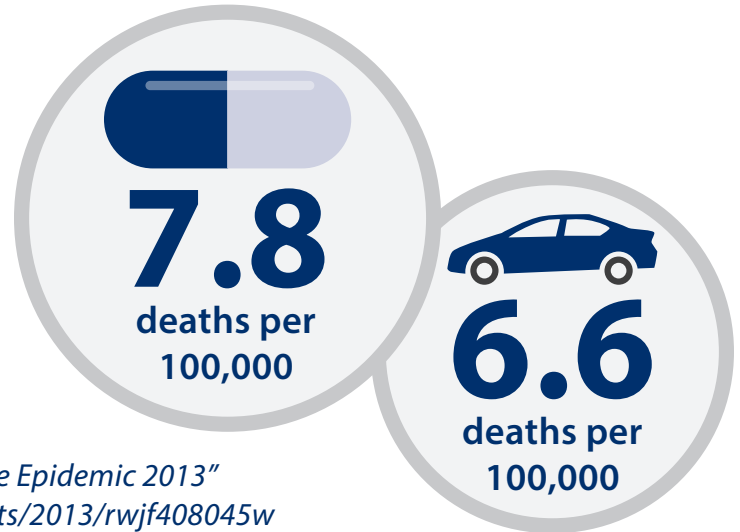


The Hidden Danger in Your Medicine Cabinet

Prescription pain medications are tied to more than **16,000 deaths** and **475,000 emergency room visits** annually in the United States.

In 2010, prescription drugs accounted for the majority of drug overdose deaths – outpacing motor vehicle deaths in New York.

Source: "Prescription Drug Abuse: Strategies to Stop the Epidemic 2013"
<http://www.rwjf.org/content/dam/farm/reports/reports/2013/rwjf408045w>



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Common Sense Safety Tips



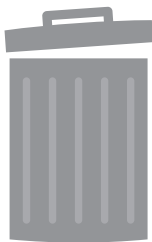
Read the Label

Before you take any prescription drugs, it's critical that you look at the label to determine if the medication was prescribed to you.



Follow the Rules

Follow the directions as written on the label. Ignoring the guidelines for frequency or dosage could be very harmful.



Trash It, Don't Stash It

If you have medication that has expired or doesn't belong to you, dispose of it immediately by mixing it coffee grounds or cat litter in sealed container in your trash. Do not dispose of unwanted medication in your sink or toilet.

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