

PREVENTION TALKS: OTC VS PRESCRIPTION DRUGS

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What is an Over-The-Counter Drug?

Over-the-counter (OTC) drugs can be purchased without needing a doctor's permission and can be found at a variety of stores, including pharmacies, grocery stores, and gas stations. Some common examples of an OTC drug are: Ibuprofen (Advil), Acetaminophen (Tylenol), Menthol (Vicks), and Diphenhydramine (Benadryl).



While over-the-counter drugs can be easily accessible, it is important to take these medications with precaution. Each bottle will have specific instructions and dosages. These instructions let you know how much of a medication to take, dosage frequency, and the max amount that can be safely taken within a 24-hour period.

What are Prescription Drugs?

Prescription drugs are only available once a doctor recommends them to a specific patient. Doctors prescribe the medication, with a specific dosage, limitations for refills, and step by step instructions. Prescribed medications are customized to meet the needs of patient's conditions and relieve specific symptoms. These types of medications have higher strength than over-the-counter medications.

Disposal of unused or expired medication:

According to the Food and Drug Administration (FDA), The best way to dispose of most types of unused or expired medicines (both prescription and over the counter) is to drop off the medicine at a drug take back site, location, or program immediately

Controlled Substance Public Disposal Locations in Collier include:

- CVS Pharmacy,
- Publix Pharmacy
- Walgreens



Medication Storage Safety

Keep all medications in a safe and secured spot. Heat, light, or moisture can damage medications, so it is recommended that you store them in cool and dry place. It is important all prescribed medications are stored away from children to avoid accidental consumption or purposeful misuse. It is important to always be aware if you are missing medication when it is not time for a refill. This could mean someone could be misusing the medication, giving it to someone else, or even selling them. If you suspect your teenager to be misusing a medication, store the medication in a locked and secured space. Be sure to address your concerns with your teenager and provide medication safety education.

If you have any questions regarding a medication prescribed to you or your teen, always ask your healthcare provider or a pharmacist for guidance.



If a medication has been accidentally ingested, call the Poison Control Center at 800.222.1222

Upcoming Events:

Active Parenting Classes:

Beginning June 8th, 2023

To register, contact the Prevention Department by calling 239-263-4013



Commonly Misused Prescription Medications

- Central Nervous System Depressants
 - Example: Xanax
- Stimulants
 - Example: Adderall
- Opioids
 - Example: OxyContin

If your teenager is on any prescribed medications, discuss the safety measures, such as dosage, with them and help them understand why they are in place. If you believe that they are misusing the medication, keep the medication near you in a safe and secure place, and administer the dosages.

