

# PREVENTION TEEN TALKS: OTC VS PRESCRIPTION DRUGS

May 2023 | Vol.2

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- Over the Counter (OTC) Drugs
- Risks of misuse

## 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, this does not mean that they can be taken without a 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



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## Perscription Drug Safety

It is important to understand how to prescription drugs can harm you if they are misused. If you have been prescribed a medication, do not take over the recommended dosage limit. Never used someone else's prescription and do not allow someone to use yours. Pay attention to the label on your medication, there will often be a list of things you should avoid doing when taking the medication, a common example being not to operate heavy machinery (generally referring to driving a car). It is imperative to follow the directions for prescription drugs as they can help avoid life-threatening consequences of misuse.



Prescription medications which are no longer being taken should be given to your parent or guardian for proper disposal, such as at a medication drop off sight usually offered by the Sherriff's office and local pharmacies.

## MYTH CHECK!

**Myth #1 & 2:** "Prescription medications are safer to abuse than other illicit substances" **or** "Over the counter medications are safer than prescription medications"

- **MYTH:** When medications are misused or taken without a doctor's prescription, these drugs can be just as harmful as illegal street drugs



**If you have any questions regarding a medication prescribed to you, always ask your healthcare provider, pharmacist, or a trusted adult/guardian for help.**

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



Horseshoe Drive Location | Prevention Services  
2806 South Horseshoe Drive, Naples Florida 34104 | 239-263-4013

Parenting Classes: To register contact 239-263-4013  
Prevention Talks: [DLCPrevention.org](http://DLCPrevention.org)  
Mind Your Mind: [DLCMindYourMind.org](http://DLCMindYourMind.org)

