

3 Steps to Safely Manage Your Opioid Prescriptions

Did you know... Opioid overdoses kill more Virginians than car accidents. Opioids can be addictive and dangerous. Follow these 3 steps when managing opioids.

1. Take as prescribed

- Take medicine only as prescribed by your doctor.
- Ask your doctor or pharmacist if you have questions.
- Do not share prescriptions with others.



1 in 8

people with an opioid prescription will misuse opioids within the next year

2. Lock it up

- Lock medications in a lock box or lockable drawer.
- Keep medications out of sight of children, pets, and guests.
- Keep track of all medications.

3. Dispose responsibly

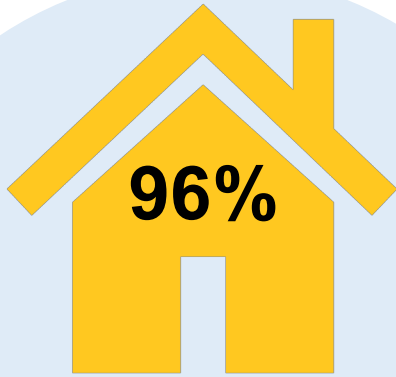
- Dispose of unwanted or expired medicines with a drug disposal bag.
- Take medicines to drug drop off boxes of drug take back events.

Did you know?

It can be dangerous to throw medications in the trash.



They can damage the water supply.



**of opioid poisonings in
children and adolescents
occur at home**

Drug Drop Off Box Locations

Greene County Sheriff's Office
10005 Spotswood Trail
Stanardsville, VA 22973
434-985-2222

Louisa County Sheriff's Office
1 Woolfolk Avenue
Louisa, VA 22093
540-967-1234

Fluvanna County Sheriff's Office
160 Commons Boulevard
Palmyra, VA 22963
434-589-8211

Sentara Martha Jefferson Hospital
Outpatient Pharmacy
500 Martha Jefferson Drive
Charlottesville, VA 22911
434-654-3350

Help is Available

Worried about opioid abuse or addiction? Treatment is available!
Contact Help Happens Here at 434-227-0641 or helphappenshere.org

Interested in medication lock boxes or drug disposal kits? Get them for free!
For more information, call Region Ten at 434-972-1800.

regionten

innovative services for mental health, developmental
disabilities and substance use disorders

a better life, a better community

(434) 972-1800

(866) 694-1605



**help
happens
here**

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