

Safe Medicine Storage and Disposal

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Seattle Children's®



Housekeeping

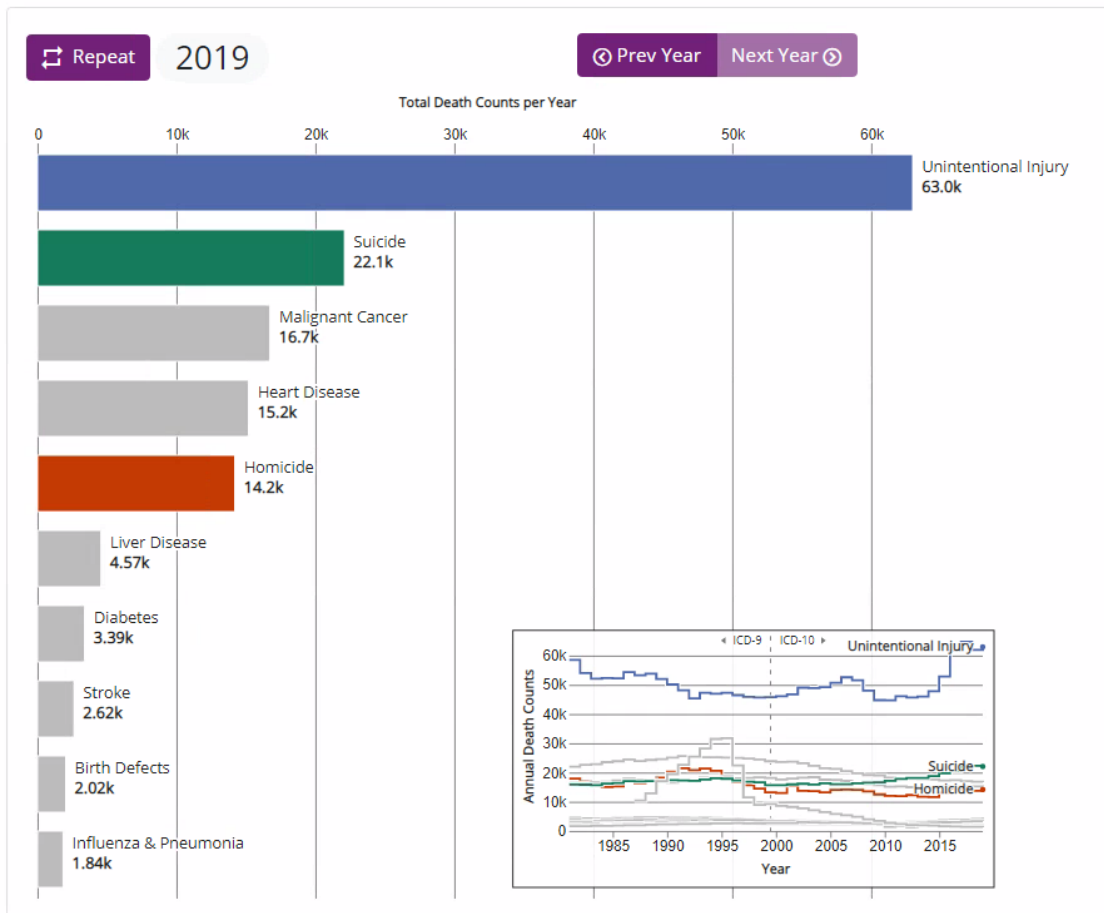
- Ask questions in the chat box
- Please stay muted
- Recording will be shared



Top Ten Leading Causes of Death in the U.S. for Ages 1-44 from 1981-2019



How to use: Click play to start. When animation completes, click repeat to start over again.



- **Unintentional injuries** are the leading cause of death for Americans aged 1-44 years old.
- Unintentional injuries include **opioid overdoses** (unintentional poisoning), motor vehicle crashes, and unintentional falls.
- **Suicide** is now the 2nd leading cause of death for this 1-44 age group, and numbers of suicides **continue to rise**.

Unintentional Injury Deaths (US)



10 Leading Causes of Injury Deaths by Age Group Highlighting Unintentional Injury Deaths, United States – 2018

| Rank | Age Groups | | | | | | | | | | Total |
|------|--|---|--|--|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|------------------------------------|------------------------------------|
| | <1 | 1-4 | 5-9 | 10-14 | 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65+ | |
| 1 | Unintentional Suffocation 977 | Unintentional Drowning 443 | Unintentional MV Traffic 341 | Suicide Suffocation 361 | Unintentional MV Traffic 6,308 | Unintentional Poisoning 15,353 | Unintentional Poisoning 14,978 | Unintentional Poisoning 13,620 | Unintentional Poisoning 10,854 | Unintentional Fall 32,522 | Unintentional Poisoning 62,399 |
| 2 | Homicide Unspecified 125 | Unintentional MV Traffic 292 | Unintentional Drowning 130 | Unintentional MV Traffic 360 | Unintentional Poisoning 4,245 | Unintentional MV Traffic 6,886 | Unintentional MV Traffic 5,068 | Unintentional MV Traffic 5,328 | Unintentional MV Traffic 5,629 | Unintentional MV Traffic 7,697 | Unintentional MV Traffic 37,991 |
| 3 | Unintentional MV Traffic 80 | Homicide Unspecified 152 | Unintentional Fire/Burn 99 | Suicide Firearm 202 | Homicide Firearm 4,107 | Homicide Firearm 4,348 | Suicide Firearm 3,222 | Suicide Firearm 3,787 | Suicide Firearm 4,421 | Suicide Firearm 6,375 | Unintentional Fall 37,455 |
| 4 | Homicide Other Spec., Classifiable 68 | Unintentional Fire/Burn 123 | Homicide Firearm 57 | Homicide Firearm 134 | Suicide Firearm 2,995 | Suicide Firearm 3,429 | Suicide Suffocation 2,688 | Suicide Suffocation 2,481 | Unintentional Fall 2,766 | Unintentional Unspecified 4,607 | Suicide Firearm 24,432 |
| 5 | Undetermined Suffocation 45 | Unintentional Suffocation 112 | Unintentional Suffocation 30 | Unintentional Drowning 80 | Suicide Suffocation 2,237 | Suicide Suffocation 3,117 | Homicide Firearm 2,569 | Suicide Poisoning 1,396 | Suicide Suffocation 1,934 | Unintentional Suffocation 3,793 | Homicide Firearm 19,958 |
| 6 | Unintentional Drowning 39 | Unintentional Pedestrian, Other 70 | Unintentional Other Land Transport 20 | Unintentional Fire/Burn 52 | Suicide Poisoning 454 | Undetermined Poisoning 824 | Suicide Poisoning 990 | Homicide Firearm 1,382 | Suicide Poisoning 1,491 | Unintentional Poisoning 3,269 | Suicide Suffocation 13,840 |
| 7 | Homicide Suffocation 30 | Homicide Other Spec., Classifiable 66 | Homicide Unspecified 17 | Unintentional Suffocation 43 | Unintentional Drowning 431 | Suicide Poisoning 753 | Undetermined Poisoning 780 | Unintentional Fall 1,131 | Unintentional Suffocation 858 | Adverse Effects 3,100 | Unintentional Suffocation 6,701 |
| 8 | Undetermined Unspecified 30 | Homicide Firearm 54 | Adverse Effects 16 | Unintentional Other Land Transport 37 | Homicide Cut/Pierce 256 | Unintentional Drowning 482 | Unintentional Fall 502 | Undetermined Poisoning 876 | Homicide Firearm 802 | Unintentional Fire/Burn 1,404 | Suicide Poisoning 6,237 |
| 9 | Unintentional Natural/Environment 22 | Unintentional Pedestrian, Environment 38 | Unintentional Pedestrian, Other 15 | Unintentional Poisoning 23 | Undetermined Poisoning 224 | Homicide Cut/Pierce 455 | Unintentional Drowning 414 | Unintentional Drowning 456 | Adverse Effects 766 | Suicide Poisoning 1,133 | Unintentional Unspecified 6,082 |
| 10 | Two Tied 18 | Unintentional Firearm 30 | Homicide Other Spec., NEC ^a 14 | Suicide Poisoning 20 | Suicide Fall 205 | Unintentional Fall 345 | Homicide Cut/Pierce 340 | Unintentional Suffocation 401 | Undetermined Poisoning 704 | Suicide Suffocation 1,014 | Adverse Effects 4,604 |

Data Source: National Center for Health Statistics (NCHS), National Vital Statistics System.
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

Highlights

Unintentional poisoning is the second leading cause of injury death in 15 to 24 year olds.



Medicine **misuse** includes taking:

- Someone else's medicine
- Too much medicine
- Medicine any other way than how it was prescribed



Children and Teens

- Children use [over-the-counter] medicines on their own as early as age 11 but nearly half don't know they can be harmful when misused¹
- Medicine misuse often begins during the teen and young adult years
- One in four adolescents in the US has misused a prescription opioid at least once in their lifetime²
- Youth who misuse prescription medicine are more likely to report use of other drugs³

2018 WA State Healthy Youth Survey⁴



- Misuse of prescription drugs and use of pain relievers to get high **decreased** among 12th graders; **remained stable** for 8th and 10th graders
- Almost 1 in 10 teens perceive prescription drug misuse to have **little to no risk of harm**
- ~3,000 students in **12th grade** reported use of pain killers to get high in any given month
- Most (80%) teens report their **parents** feel it is very wrong to use prescription drugs not prescribed to them
- Use of opioids **remains a serious concern**, with a very high risk of addiction, injury, and death

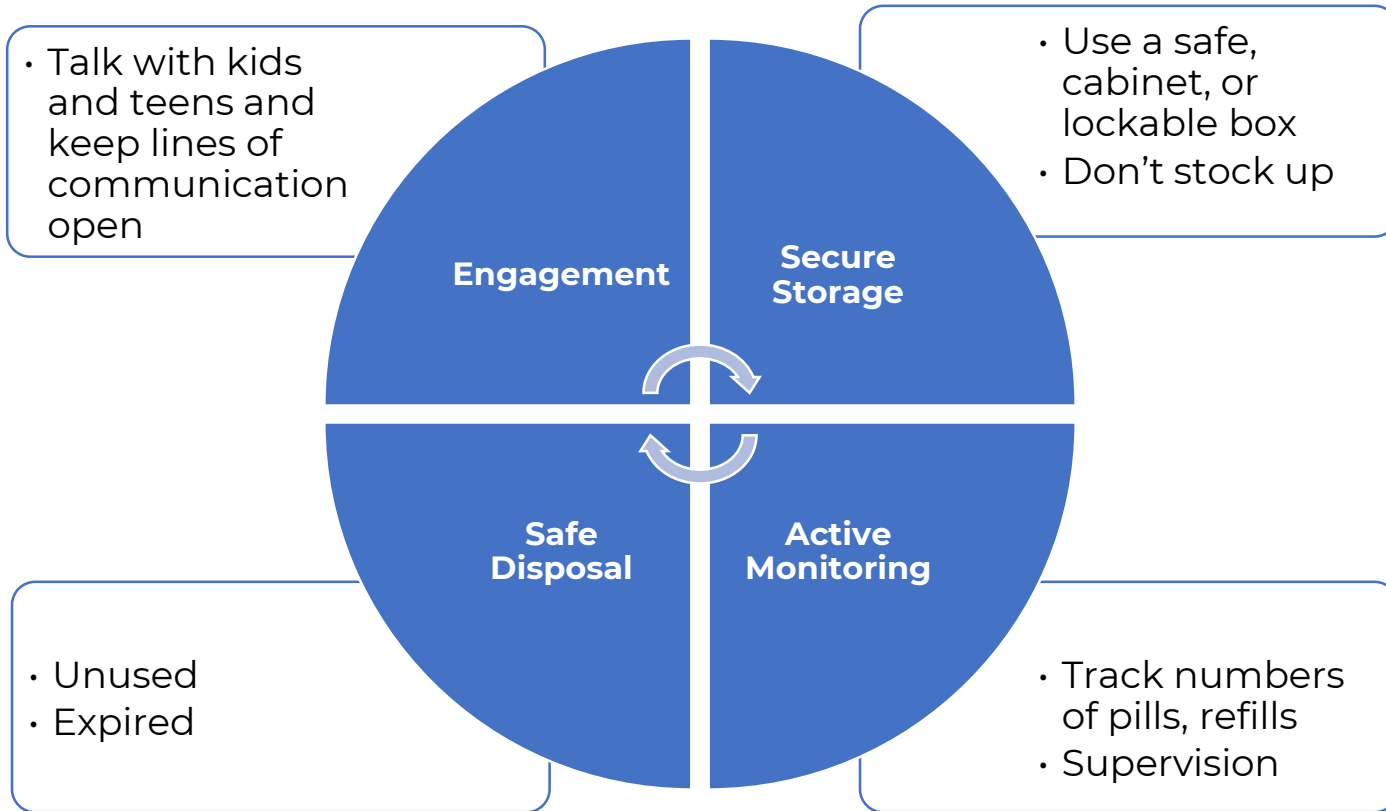


What Contributes to Misuse and Protects Against it?

| Risk Factors | Protective Factors |
|---|---|
| Lack of knowledge about prescription drugs and their potential harm | Perceived dangers of prescription drugs |
| Exposure to peer pressure or social environment where there's drug use | Positive community norms |
| Easy access to prescription drugs, such as having prescription medications in the home medicine cabinet | Parental monitoring; engagement; <i>safely disposing of medications that are no longer needed</i> |

For more information:

- [SAMHSA.gov](https://www.samhsa.gov)
- [Youth.gov](https://www.youth.gov)
- [NIDA](https://www.nida.nih.gov)
- [Safestates.org](https://www.safestates.org)
- [Preventionsolutions.edc.org](https://www.preventionsolutions.edc.org)



Suicide Prevention



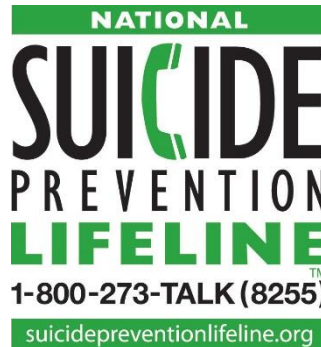
Medicines are a common method for suicide attempts.

Safe storage and disposal of medicines creates **time** and **distance** between someone who is actively thinking about suicide and acting on that thought.

In a crisis?

Text HELLO to 741741
to connect with a Crisis
Counselor

Free 24/7 support at your fingertips.



Did you know?

- Suicide is the second leading cause of death for adolescents ages 10 to 21 in Washington.
- 1 out of 5 highschoolers have considered attempting suicide.

Secure storage



The safest way to keep medicines stored is to lock them up where others cannot access them.



Did you know?

2/3 of teens and young adults who report abuse of prescription medicine are getting it from friends, family and acquaintances.



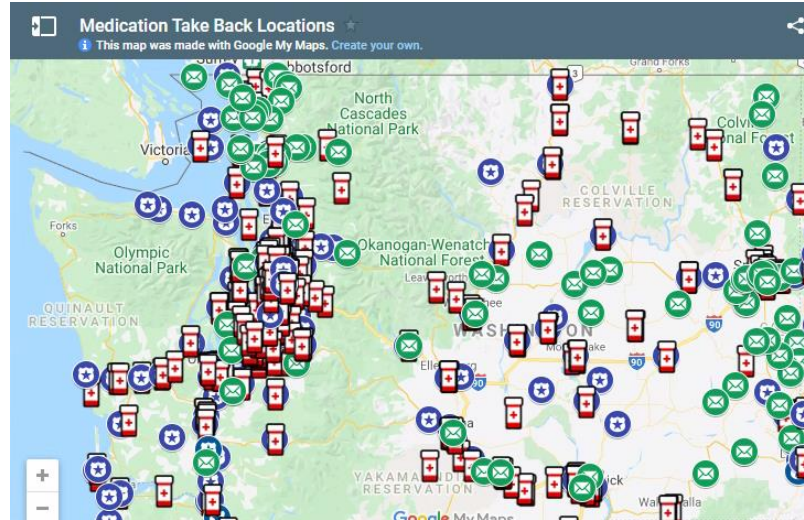
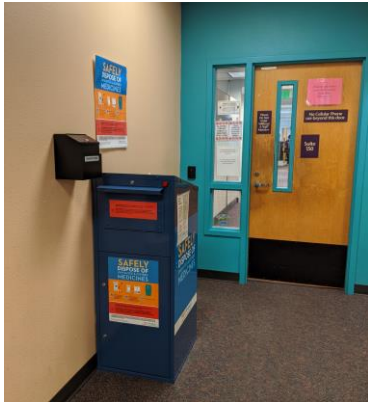
Considerations

| Standard | Durability | Price | Other |
|--|--|--------|--|
| Foster care approved or vouched for by reputable organizations (youth & family services, poison centers, or hospitals) | Durable combination lock without an externally-facing latch Not easily cracked, smashed or torn | Varies | Size (8" x 6" x 4" can hold ~12 standard prescription bottles) Portability Positive customer ratings |

Safe disposal



Dispose of medicines as soon as they are no longer needed or expired.



Disposal Options

- Drug take-back day
- Medicine disposal kiosk or drug mail-back
- DisposeRx
- Pharmacy
- Local police or sheriff station

Takebackyourmeds.org
Med-project.org



DIY Disposal

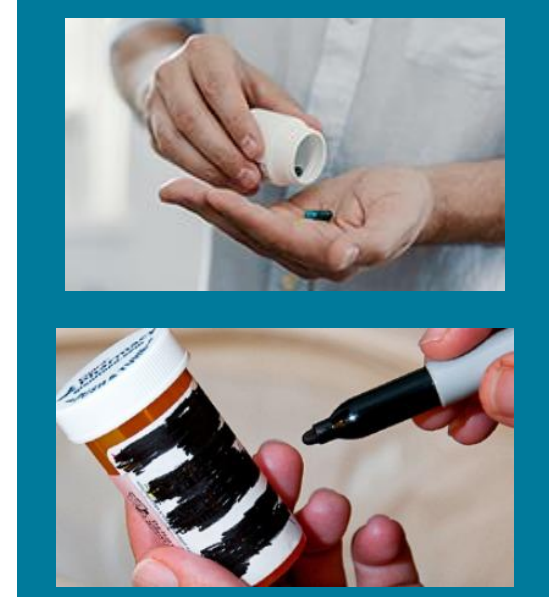
1. Fill a container with some water. Make sure the container has a lid.
2. Add something inedible to the container.
3. Add whole pills to the mixture.
4. Place the container in the garbage close to trash collection day.
5. Make sure that the trash is not easy for people or pets to access.

Remove labels
from bottles!

Final Thoughts: Medicine Safety Tips



- Do not flush medicine down the drain or toilet
- Never share medicines with anyone else
- Remove personal information from prescription bottles or pill packages before throwing away the container
- Encourage friends, relatives and neighbors to safely store and dispose of their medicines, too





References

1. The National Safety Council
2. McCabe SE, West BT, Teter CJ, Boyd CJ. Medical and nonmedical use of prescription opioids among high school seniors in the United States. Arch Pediatr Adolesc Med. 2012;166(9):797–802.
3. Drugabuse.gov
4. Washington State Healthy Youth Survey, 2018



Thank you!
Questions?

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www.seattlechildrens.org/health-safety



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