

TakeMeds
Seriously

THE BIGGEST DRUG PROBLEM

ISN'T ON THE STREETS

IT'S IN YOUR BATHROOM.

TIPS YOU CAN USE NOW.

Safe Use. Safe Storage. Safe Disposal.

This card is designed to provide you with helpful quick tips on using, storing and disposing of your prescription medicines safely. For full details on each topic and much more valuable information, visit TakeMedsSeriously.org and look for the icons featured on both sides of this card.

Prescription Drug Safety Starts With You.



SAFE USE

Learn If Your Combination of Meds Are Safe

Here's how:

- Create a list of all medicines you're taking. Please list all prescription and non-prescription medications, herbals, nutritional supplements, eye drops, inhalers, etc that you use.
- Review this medication list once a year with your doctor.
- Ask your doctor to explain each medicine:
 - Why are you taking it?
 - How long can you expect to take it?
 - Any possible side effects?

Remember:

- Only take medicine prescribed for **YOU**.
- **NEVER SHARE** your prescription medicines.



SAFE STORAGE

- Store prescription medicines in a drawer or cabinet that can be locked or use a lock box.
- Monitor your medicine inventory. Know how much you've used, how much remains, and keep a list of all medicines in the house.
- Make sure family members secure their medicines before kids or adults come to visit.



Take Action. Learn More: TakeMedsSeriously.org



SAFE DISPOSAL

How you dispose of medicines makes a difference. [TakeMedsBack.org](https://www.TakeMedsBack.org) keeps you informed about:

- “Take-back” locations near you where medicines can be returned and destroyed.
- Safe home disposal options.



DROP-OFF LOCATIONS NEAR YOU

GRAND COUNTY

• **Granby Police Dept.**

Zero Jasper Avenue
Granby, CO 80446

• **Grand County Sheriff's Office**

670 Spring St.
Hot Sulphur Springs, CO 80451

• **Kremmling Police Dept.**

1318 Park Ave.
Kremmling, CO 80459

• **Fraser/Winter Park Police Dept.**

79050 US Hwy 40
Winter Park, CO 80482

RIO BLANCO COUNTY

• **Rangely Pharmacy**

225 Eagle Crest St.
Rangely, CO 81648

• **Rio Blanco County Sheriff's Office**

355 4th St.
Meeker, CO 81641

MOFFAT COUNTY

• **Dinosaur Marshal's Office**

317 Stegosaurus Fwy.
Dinosaur, CO 81610

• **Moffat County Sheriff's Office**

800 W. First St.
Craig, CO 81625

ROUTT COUNTY

• **UCHealth Yampa Valley Medical Center**

1024 Central Park Dr.
Steamboat Springs, CO 80487

• **Bonfiglio Drug**

118 Main St.
Oak Creek, CO 80467

• **Hayden Police Dept.**

249 Hawthorne St.
Hayden, CO 81639

JACKSON COUNTY

• **Jackson County Sheriff's Office**

396 LaFever St.
Walden, CO 80480

Take Action. Learn More: [TakeMedsSeriously.org](https://www.TakeMedsSeriously.org)

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RURAL ALLIANCE ADDRESSING
SUBSTANCE USE DISORDER
COLORADO