

MEDICINE SAFETY

According to the Centers for Disease Control, more than 60,000 young children end up in emergency rooms each year because they gained access to medicines while their parents or caregivers were not looking. Any kind of medicine or vitamin can cause harm if taken in the wrong way, even medicine you can buy without a prescription.

PROTECT OUR CHILDREN

- Put medicines and vitamins up and away. Out of reach & out of sight.
- Make sure the safety cap is locked.
- Teach your children about medicine safety.
- Tell guests about medicine safety.
- Dispose of expired or unwanted medications safely. Visit www.drugfreecollier.org to find a designated drop box location near you.

DRUG OR ALCOHOL ABUSE

SIGNS YOUR CHILD MAY BE USING DRUGS OR ALCOHOL:

- **BEHAVIORAL ISSUES:** loss of inhibitions, mood changes, uncommunicative, lethargic, depression, change in relationships with family members
- **PERSONAL APPEARANCE/HEALTH:** poor hygiene, track marks on arms or legs, seizures, vomiting, frequent nosebleeds, weight loss
- **HOME RELATED ISSUES:** disappearance of medications, alcohol, cigarettes or money, unusual smell, unusual containers such as butane lighters, smoking devices
- **PERSONAL HABITS:** locked bedroom doors, cash flow problems, frequently breaks curfew, avoiding eye contact, going out every night, sudden or increased use of fragrances
- **SCHOOL OR WORK ISSUES:** truancy or loss of interest in school, sports, drop in grades or failure to fulfill responsibilities at school or work

IF I SUSPECT?

- Contact the Collier County Sheriff's Office Youth Resource Center at (239) 252-0900 for free drug testing
- Have your child assessed at a local treatment provider and find additional resources at www.drugfreecollier.org
- Call 211 for free 24-hour referral and info hotline
- Contact your School Resource Officer



**KEEP
OUR KIDS
SAFE**

LOCAL PARENTING COURSES:

- Learn effective communication skills
- Manage your child's behavior without physical punishment or yelling
- Learn how to schedule routines for meal time, bath time, bedtime, chores and homework
- Enjoy your family and have fun together
- Increase your sense of self-worth, personal empowerment, empathy and bonding

The Children's Advocacy Center of Collier County (239)263-8383
Classes are free and available throughout Collier County.

David Lawrence Center (239)263-4013
Classes are free and available throughout Collier County.

Youth Haven (239) 774-2904 Ext. 2002
In-Home Parenting provided throughout Collier County.
There is a fee for this home-based prevention.

IMPORTANT TELEPHONE NUMBERS:

POISON CONTROL CENTER 1-800-222-1222

DRUG FREE COLLIER (239) 377-0535

EMERGENCY 911



*This educational document is provided by
North Collier Fire Control and Rescue District
and Drug Free Collier Coalition.*

