

National Drug and Alcohol Facts Week 2017

January 23-27, 2017



Monday

Today kicks off National Drug and Alcohol Facts Week 2017. Each day this week we are going to look into facts about the silent but deadly killer, prescription drugs.

Fact: Did you know that every nineteen minutes someone in the United States dies from a prescription overdose? That means that in one hour four people die and in one day seventy-five people die from something we all have in our houses.

Taking Action: How can you help reduce the number of people that are dying from prescription drugs?

Tune in tomorrow for the answer.

Tuesday

Welcome back!

Yesterday, we asked, "How can you help reduce the number of people that are dying from prescription drugs?"

Fact: There are many ways to help with this issue. 1) Only take prescription medication if it has YOUR NAME on it. 2) Read and follow the directions and dosage on the bottle. 3) Only take the drug for the reason it was prescribed. 4) Do not take medication with alcoholic beverages. 5) Dispose of any leftover medication at collection sites or take back days in Delaware. DO NOT flush them down the drain or put them in the trash.

Taking Action: Why is it important for you to dispose of medication at a collection site versus flushing them down the drain or putting them in the trash?

Tune back here tomorrow morning to get the inside scoop.

Wednesday

Welcome to day three of National Drug and Alcohol Facts Week.

The question from yesterday was, "Why is it important for you to dispose of medication at a collection site versus flushing them down the drain or putting them in the trash?"

Facts: Flushing medication down the drain causes many environmental issues. Two issues this causes are it effects the ability for aquatic animals to grow and reproduce, and since it ends up in water where we get food, we end up consuming it as well when we eat seafood. Disposing of medication by placing it in the trash should be avoided as well. Two reasons to break this habit is because people can get ahold of the personal information that is printed on the label, and people have also taken medication out of the trash to consume it.

Taking Action: Stop by the main office and grab a flyer to take home to your parents about where to properly dispose of medication.

Thursday

Happy Thursdays!!

On Tuesday, we had mentioned that you should not mix alcohol with either prescribed or over-the-counter medication as it could be deadly. However, there are also many other dangers associated with mixing alcohol and medications.

Facts: Mixing medication and alcohol can cause nausea and vomiting, headaches, drowsiness, fainting, dizziness, loss of coordination, internal bleeding, heart problems, seizures, coma, and difficulty breathing. This combination can also cause the medication to become ineffective or may cause the medication to be harmful or toxic to your body.

Take Action: If you ever see your family members drinking while taking medications, inform them to take a look at the label to see if it tells them to not to consume alcoholic beverages while taking the medication.

Friday

Today wraps up the last day of National Drug and Alcohol Facts Week!

We have learned a lot of information about prescription medications; thus, let's take a minute to recap.

1) In the United States, someone dies every nineteen minutes from a prescription overdose. 2) Read and follow the directions on both prescription and over-the-counter medications. 3) Dispose of medications at collection sites. 4) Drinking alcohol with many medications could result in severe side effects and even death.

We hope this helped you and your family to "Know the Facts and Shatter the Myths" about medications. Remember, they are a drug and should never be fooled around with.