

Substance use disorders, whether you or a loved one are suffering, can be scary. However there is free, no-judgement, assistance available 24/7. Check national hotlines local resources for help.

FOR MORE INFORMATION ABOUT KEEPING YOU AND YOUR LOVED ONES SAFE, PLEASE CONTACT YOUR LOCAL LAW ENFORCEMENT AGENCY.

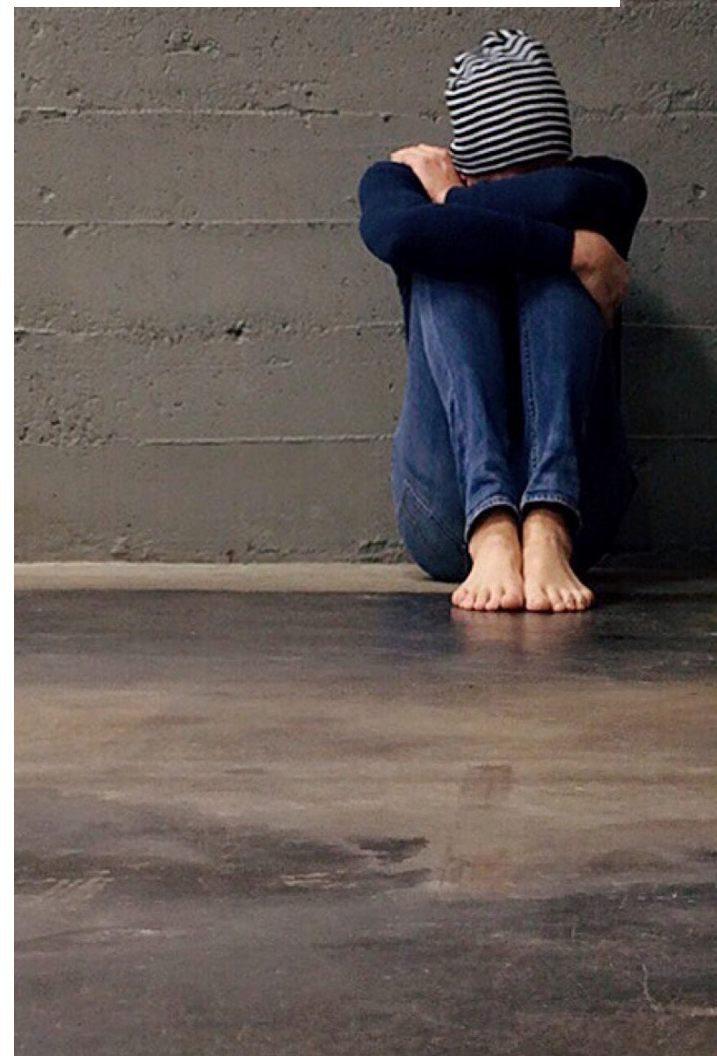
**Chaffey College
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THIS INFORMATION BROUGHT TO YOU
BY THE NATIONAL POLICE ASSOCIATION



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SAFETY GUIDE NON-PRESCRIPTION DRUG USE



Non-prescription drug use and safety

Taking prescription medications without a prescription and / or using street drugs is illegal for a reason - it puts you, your loved ones, and others in danger. Knowing how to identify and prevent non-prescription drug use is the best way to keep our families and communities safe.

If you or someone you know is taking drugs, the first step is getting help

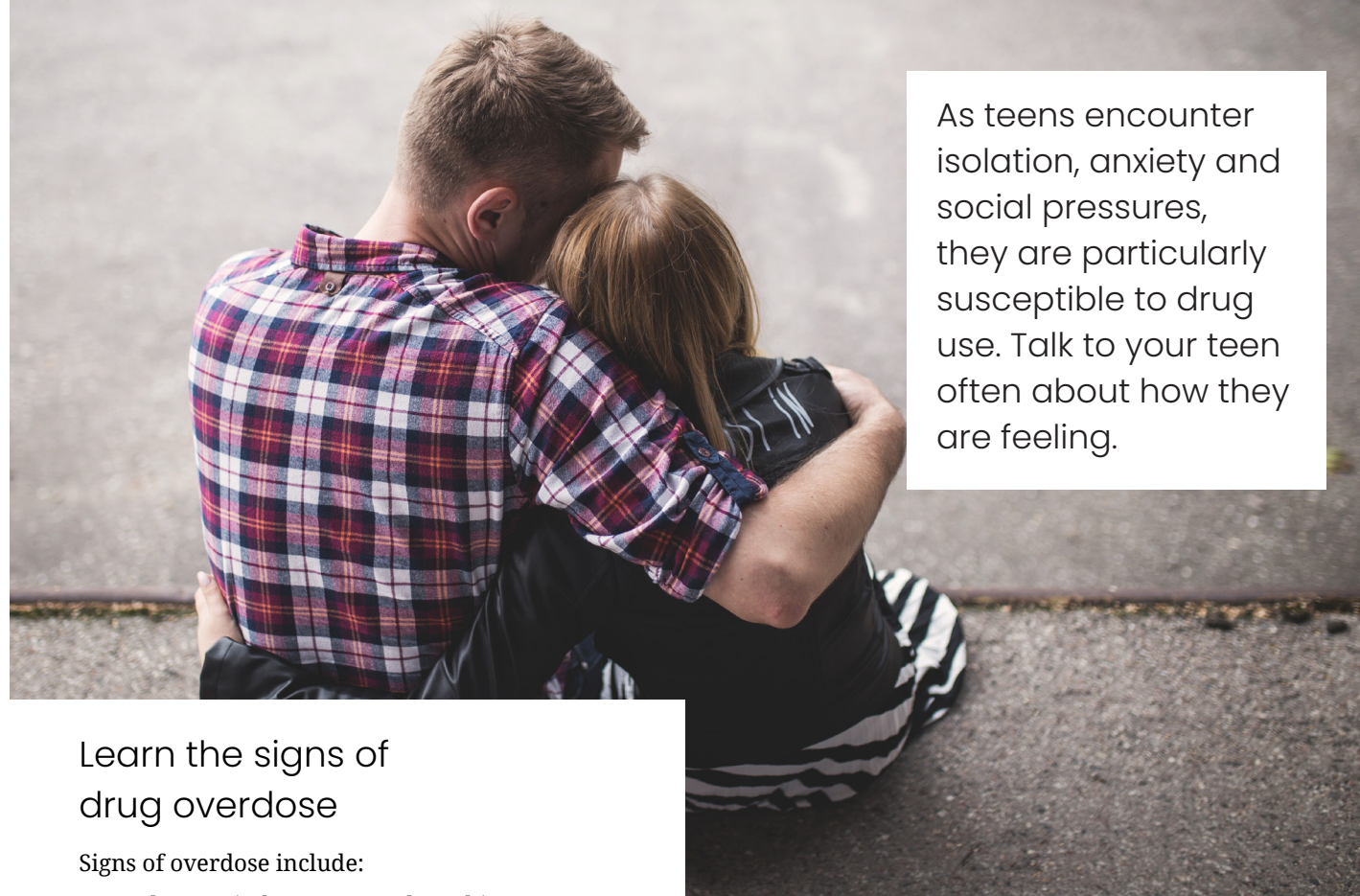
Many people use drugs to deal with depression, anxiety, or other mental health issues. The best way to manage drug use and / or addiction is to partner with a team of counselors, medical providers, and supportive family members.

If you need help, or suspect a loved one needs help, check with your local resources to determine the best course of action.

Keeping your prescription medications safe

It is important to keep prescription medications, especially pain relievers and ADHD medications, out of the hands of those who might misuse them. Make sure your medications are stored out of sight, up high, and in a secure place.

If you need to dispose of unused medications, mix pills in with something else, such as coffee grounds, litter, etc. to keep thieves from easily spotting medication in the trash.



As teens encounter isolation, anxiety and social pressures, they are particularly susceptible to drug use. Talk to your teen often about how they are feeling.

Learn the signs of drug overdose

Signs of overdose include:

- Changes in heart rate or breathing rate (faster or slower)
- Sleepiness, confusion, or coma
- Cool, sweaty skin, or hot and dry skin
- Chest pain
- Stomach pain, vomiting and / or diarrhea

If you think someone has overdosed, call for help right away.

Talk to your doctor about Naloxone (Narcan)

If you or someone in your home suffers from opioid addiction, talk to your healthcare provider about getting a Naloxone (also known as Narcan) kit. When used correctly, Naloxone can save the life of someone who has overdosed on opioids.

Check in with your teens

It is important for kids and teens to feel comfortable talking with their parents about drugs and drug use. Start the conversation at a young age - let kids know about the risks of drug use, and ask them for their thoughts.

Once kids reach their teens, they will probably encounter peers who use drugs. Talk to your teens about their experiences, and remind them that you are a source of information and support.