

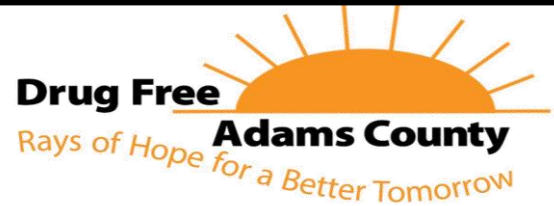
# Drug Free Adams County

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## National Substance Abuse Prevention Month

Each generation of kids looks for new ways to get high. Recent trends indicate they are increasingly turning to prescription (Rx) or over-the-counter (OTC) medicines. Teens report getting many of these medicines from home medicine cabinets, and mistakenly believe that abusing them is “safer” than other drugs.

### Use OTC Medicine to Battle Coughs, Not for Getting High

While millions of Americans safely rely on OTC cough medicine to temporarily relieve their symptoms, some teens intentionally take large amounts—sometimes more than 25 times the recommended dose—to get high. This means some teens ingest multiple packages or bottles of OTC cough medicines that contain dextromethorphan (DXM), the active ingredient in most OTC cough medicines. Unfortunately, when taken in excessive amounts, DXM can cause serious side effects including rapid heartbeat, high blood pressure, memory problems, nausea, and vomiting.



### How Can You Help Prevent Medicine Abuse?

- **TALK** to your teen about prescription and OTC cough medicine abuse. Teens who learn about the risks of drugs from their parents are 50 percent less likely to use drugs.
- **SAFEGUARD** your medicine cabinets. Take steps to protect your teens by safeguarding all the medicines in your home. Know what you have and how much, so you will know if anything is missing, and take any medicines you no longer need to the Unwanted Medication Collection dropoff boxes, either at the Decatur Police Department or Kaup Pharmacy in Berne.
- **SHARE** what you have learned.

**For more information, please visit our website:  
[www.DrugFreeAdamsCounty.org](http://www.DrugFreeAdamsCounty.org)**