

SAFEGUARD YOUR HOME

Alcohol and Medicine that is *not* safely stored (locked-up or out of reach) can easily be misused by a friend, family member, or anyone entering your home.

There are **simple**, easy ways to **safeguard** your home and keep your family and community safe.

BEST PRACTICES

Know **WHAT** and **HOW MUCH** you have in your home.

Locking away these products and **holding the key** is critical in preventing underage drinking, drug misuse, and accidental poisoning.

DON'T BE A TARGET FOR THEFT

- **Open House Events**
- **Home maintenance**
(Housekeeping, Lawn or Pool Services)
- **Home improvement**
(Construction or Remodeling)
- **House Parties**
- **Caregivers** (Babysitters, Home Health Aids, Hospice)
- **Dog Walkers, Pet Sitters**



NEW JERSEY HOTLINES

ReachNJ.

1-844-REACH-NJ (1-844-732-2465)
// Serves to simplify the process for those seeking help from addiction.

NJ ADDICTION SERVICES.

844-276-2777 // Provides information and referral to substance use treatment statewide.

NJ CONNECT FOR RECOVERY.

855-652-3737 // Specifically for individuals with opioid addiction and their loved ones.

NJ MENTAL HEALTH CARES.

866-202-4357 // Directs callers to appropriate service entry points.

2ND FLOOR.

888-222-2228 // Confidential and anonymous helpline for New Jersey's young people.

N.J. HOPE LINE.

855-654-6735 // Peer Support and Suicide Prevention Hotline.

NJ POISON CONTROL CENTER.

1-800-222-1222 // Accidental poisonings and information.

OVERDOSE PREVENTION LAW

Don't Run Call 911

New Jersey's
Overdose
Prevention Bill
Will Protect you

Passed April 29, 2013

This NJ law encourages people to report overdoses without fear of being arrested. Under the law, those who call 911 to report overdoses, stay with the person, and speak to authorities when they arrive will be immune from arrest and prosecution for drug possession. The law also applies to the person overdosing.

SAFE HOME STORAGE



to prevent poisoning,
drug misuse, &
underage drinking.



A division of
Prevention Resources, Inc.

NJPREVENT.COM/PARENTSHOLDTHEKEY

Safely Store Medicine

Most people that become addicted started with misusing household medicines from a friend or family member's medicine cabinet.

Even if you're not worried about friends or family members misusing medicines, **your home may still be vulnerable.**

Ask your pharmacist about **Medicine Lock Boxes** and how to keep medicines safe in your home.

MEDICINE LOCK BOXES

- A medicine lock box can range from \$15 and up. They can be installed in a cabinet or drawer.

TRAVEL LOCK BAGS

- Purses or Backpacks
- Gym Bag, Locker room
- Vehicle Glove-box



WHAT TO STORE

Rx (PRESCRIPTION) MEDICATIONS

- **Opioids** (Pain relievers), such as oxycodone, hydrocodone, Vicodin, codeine, fentanyl.
- **Benzodiazepines** (Anxiety or Seizure medication), such as Xanax, Ativan, Valium, Klonopin.
- **Stimulants** (ADHD, or Narcolepsy), such as Biphedamine, Dexedrine, Adderal.

OTC (OVER-THE-COUNTER) MEDICINES

- **Cough and cold** containing DXM (dextromethorphan)
- **Motion sickness** (dimenhydrinate, diphenhydramine)

PET MEDICATIONS

- **Ketamine** (Pet Tranquilizer)
- **Barbiturates** (Pet Anxiety), such as Phenobarbital
- **Opioids**, (Pet Painkiller, Coughing in Dogs) such as Tramadol, and Hydrocodone

WHERE TO STORE

- Use a **Lock Box** or keep out of easy-to-reach locations.
- Remove any medicines from the main bathroom or kitchen.

Safely Store Alcohol

You don't have to throw-out all of your alcohol to have a safe home, but whatever alcohol you do have, it's recommended to **keep it locked.**

NOT IN MY HOUSE RULE

It doesn't matter if you take the keys or monitor teens, **providing alcohol to those under age 21 is illegal.**

VISIT OUR ONLINE RESOURCE:

WWW.TINYURL.COM/SCC-PARENTSHOLDTHEKEY

CABINET/PANTRY LOCK

- Measure the width of the door to get one that fits. **Lock kits can be less than \$5** and may require a drill and a screwdriver to install.

FRIDGE LOCK

- Secure a **Basement or Garage Fridge** with a Marine Lock. These locks come with either a combination or a key lock.

BOTTLE LOCK

- About \$5, these easy to use locks work on **Wine or Liquor bottles.**

