



National Prescription Drug Take Back Day

Saturday, April 28, 2018

#TakeBackDay

National Take Back Day (Saturday, April 28) – A national day to ask all Americans to safely dispose of unused medication. Many businesses, medical offices, and first responders are hosting take back events to safely dispose of unused medication. National Take Back Day happens twice a year; at the last National Take Back Day, Americans collected a record-breaking 900,000 pounds of prescription drugs, more than the weight of three Boeing 757's.

Federal Take Back Day (Wednesday, April 25) – A day during the work week for federal employees and Capitol Hill staff to clear out their “left-over” pills and safely dispose of them at their place of work.

Agencies should participate in three ways:

- 4/23-4/28: Have agency officials do media around the three simple ways to safely dispose (*if appropriate*)
- 4/25: Host a safe disposal collection in your agency and promote to staff on Federal Take Back Day
- 4/23-4/28 : Have agency principles participate in a drug drop-off location (e.g. going to Walmart, Walgreens, or another safe drop-off location; mailing in drugs; or going through their own medicine cabinets) and share in a visual way.

Messages:

WHY: Education on Dangers of Keeping Prescription Drugs

- Everyone knows old “left-overs” in your refrigerator can make you sick. But “left-over” drugs in your medicine cabinet can do much more—they can kill.
- America has tons of “left-over” prescription opioids: The vast majority of people don’t use all the pills they are prescribed.
 - A 2017 study found that up to 92% of patients prescribed opioids didn’t use their entire prescription. ¹
- Every day, 46 people die from overdoses involving prescription opioids. Just because something is prescribed doesn’t mean it’s safe. ²
- Each year more than 15 million Americans abuse or misuse prescription drugs.
 - The majority of these cases come from taking drugs from a family or friend’s prescription in their very own medicine cabinet.
- Misusing opioids is a proven route to a heroin addiction.
 - Nearly 80 percent of Americans using heroin reported misusing prescription opioids first. ³

¹ <https://www.ncbi.nlm.nih.gov/pubmed/28768328>

² <https://www.cdc.gov/drugoverdose/data/overdose.html>

³ <https://www.drugabuse.gov/publications/drugfacts/heroin>

- Many people don't know they have been prescribed an opioid:
 - Vicodin is an opioid
 - OxyContin is an opioid
 - Percocet is an opioid
 - Opana is an opioid
 - Tramadol is an opioid
 - And morphine such as Kadian and Avinza are opioids.
- Seniors are especially likely to keep unused pills. A grandparent's medicine cabinet is an easy place for teens – or other loved ones – to fuel their addiction. Don't just check your own cabinet but those of your loved ones as well.
- Unused medicine is a threat to the lives of children, seniors, and pets. Accidental drug misuse sends thousands of Americans to the emergency room each year. If you don't need it, get rid of your "left-over" drugs for your family's safety.

HOW: How to safely dispose of prescription pills

- Three simple ways to dispose of pills:
 - Visit takebackday.dea.gov to find a safe collection site
 - Drop off at any participating Walgreens or CVS locations
 - Order a free safe disposal envelope at NSC.org/TakeBack
- Flushing pills is not the solution. It puts those prescriptions into the environment and into your neighbors' drinking water.
- Throwing out pills in the trash creates easy prey for children, teens, or users to intercept the drugs and use them to get high.
- Costco, CVS, and Rite Aid pharmacies sell postage-paid envelopes for customers to mail any prescription, including opioids and over-the-counter medications, to a disposal facility.

Sample Tweets:

Don't be a drug dealer for your family and friends. Get rid of your unused prescription drugs on #TakeBackDay on April 28. Visit <https://takebackday.dea.gov/> to learn more.

Do you know how to dispose of prescription drugs safely? Hint: not in the trash and not down the toilet. Visit <https://takebackday.dea.gov/> to learn more.

Nearly 80% of American heroin users report misusing prescription opioids first. Don't let unused pills become the first step down a deadly path for yourself or someone you love. Find a disposal site at <https://takebackday.dea.gov/> #TakeBackday

Opioids have many names. Check your medicine cabinet for unused Vicodin, OxyCotin, Percocet, Opana, Kadian, or Avinza and take them to a #TakeBackDay safe disposal site on April 28.

46 people die every day from overdoses involving prescription opioids. Protect your family and friends. Find a disposal site at <https://takebackday.dea.gov/> #TakeBackDay