

# Keep the Teens in your Household **SAFE FROM POISONING**



**1 in 5**

Ontario teens have taken prescription medication like opioids to get high. Most of the time, this medication comes from the home.

## Protect the teens in your household by:

- Keeping medicine and other substances like alcohol and cannabis locked up, out of sight, and out of reach.
- Keeping track of how much medication you or your teen have left.
- Talking to your teens about not taking other people's medication, and following instructions from their doctor.
- When you are done with medication, take it to the pharmacy don't throw it in the garbage.



If a child in your household took medication they were not supposed to, call the Ontario Poison Centre at 1-800-268-9017, or 911 if it's an emergency.