

# 1 IN 20 TEENS

OCTOBER  
is National  
Medicine Abuse  
Awareness  
Month.

abuses over-the-counter cough medicine

Many teens report getting medicines from home.  
They take up to 25 times the recommended dose to get high.  
**Is teen medicine abuse on your radar screen?**

Here are 3 things YOU can do:

## LEARN

Know what products in your medicine chest can be abused. When teens are abusing cough medicine, they are seeking a “high” from **dextromethorphan (DXM)** – a cough suppressant found in over 100 products.



## SAFEGUARD

Keep track of the medicines in your home and dispose of medicines you don't need. Missing medicines might be a warning sign of abuse.

## TALK

When talking with your teen about the dangers of drugs, include the dangers of abusing **ALL** medicines including over-the-counter medicines.

## PARENTS:

Learn about teen medicine abuse

[www.StopMedicineAbuse.org](http://www.StopMedicineAbuse.org)

Join the conversation on Twitter #NotMyTeen.