

SAFE USE OF PRESCRIPTION DRUGS

AND TIPS ON HOW TO AVOID MISUSING PRESCRIPTION DRUGS

Did you know that the Navy's zero tolerance policy for drug use applies to the misuse of prescription drugs? This includes taking medicine for a purpose other than prescribed, taking medication that hasn't been prescribed to you, and wrongfully possessing or distributing prescription drugs.

Where to Turn for Help

If you or someone you know may have a problem with prescription drug misuse or abuse, speak with your command DAPA or doctor, or call 1-866-U-ASK-NPC.

Using someone else's meds or giving pills to friends or shipmates can result in severe health and career consequences, including dishonorable discharge from the Navy.

Some tips to avoid misusing prescription drugs include:

1. Take correctly.

Follow the doctor's orders and prescription instructions as directed.

2. Report promptly.

Ensure that both Navy Medical and your command are aware of your current prescriptions.

3. Dispose properly.

Place unused meds in small plastic bag with used coffee grounds and throw the bag in the trash. Cross out personal information on your prescription labels.

4. Never share.

Never share your prescriptions with a friend, shipmate, or family member.

**Protect your life and your career.
Use prescription drugs the right way.**