

It's National Prevention Week!

As we take the time to raise awareness on the nation's opioid epidemic, here are 5 things we can all do to take action:



Be in the know

Knowing the dangers, signs, and symptoms of prescription opioid abuse can save someone's life. Pharmacists at Walmart and Sam's Club across the country are happy to speak with anyone looking to better understand the potential risks of prescription opioids.



Communicate

Keep an open line of communication with your kids about the dangers of prescription misuse. A free parent toolkit is available through Operation Prevention at www.operationprevention.com.



Get rid of old or unused prescriptions

Help stop old or excess prescriptions from getting into the wrong hands by clearing out your home medicine cabinet. Look out for regularly scheduled DEA Prescription Drug Takeback days or pickup an at-home disposal product, DisposeRx, available nationwide at Walmart and Sam's Club.



Join the SAMHSA Prevention Challenge

Substance Abuse and Mental Health Services Administration

This year's challenge asks participants to highlight their #PreventionChampion on social media. Learn more online at samhsa.gov.



Seek help if you are concerned you have a problem

Addiction is not a choice. If you or someone you love is concerned, call the SAMSHA hot line at 1-800-487-4889.

We can all be part of the solution.

