SAFE GUARD YOUR HOME

Alcohol and Medicine that is not safely stored (locked-up or out of reach) can easily be misused by a friend, family member, or anyone entering your home.

There are simple, easy ways to safeguard your home and keep your family and community safe.

BEST PRACTICES

Know WHAT and HOW MUCH you have in your home.

Locking away these products and holding the key is critical in preventing underage drinking, drug misuse, and accidental poisoning.

DON'T BE A TARGET FOR THEFT

- Open House Events
- Home maintenance (Housekeeping, Lawn or Pool Services)
- Home improvement (Construction or Remodeling)
- House Parties
- Caregivers (Babysitters, Home Health Aids, Hospice)
- Dog Walkers, Pet Sitters

NEW JERSEY HOTLINES

Reach NJ.
1-844-REACH-NJ (1-844-732-2465) // Serves to simplify the process for those seeking help from addiction.

NJ Addiction Services.
844-276-2777 // Provides information and referral to substance use treatment statewide.

NJ Connect for Recovery.
855-652-3737 // Specifically for individuals with opioid addiction and their loved ones.

NJ Mental Health Cares.
866-202-4357 // Directs callers to appropriate service entry points.

2ND FLOOR.
888-222-2228 // Confidential and anonymous helpline for New Jersey’s young people.

N.J. HOPE LINE.
855-654-6735 // Peer Support and Suicide Prevention Hotline.

NJ Poison Control Center.
1-800-222-1222 // Accidental poisonings and information.

CONTACTS

Safe Communities Coalition
908-782-3909 | www.safecoalition.org
Facebook @SafeCommunitiesCoalition

PR’s Family Support Services
908-782-3909

PR’s Recovery Community Center
Facebook @RecoveryCenterOfHunterdon

Prevention Resources, Inc.
Safely Store Medicine

Most people that become addicted started with misusing household medicines from a friend or family member’s medicine cabinet.

Even if you’re not worried about friends or family members misusing medicines, your home may still be vulnerable.

Ask your pharmacist about Medicine Lock Boxes and how to keep medicines safe in your home.

MEDICINE LOCK BOXES

- A medicine lock box can range from $15 and up. They can be installed in a cabinet or drawer.

TRAVEL LOCK BAGS

- Purses or Backpacks
- Gym Bag, Locker room
- Vehicle Glove-box

Visit our Online Resource: www.tinyurl.com/scctarents_HOLDTHEKEY

WHAT TO STORE

Rx (PRESCRIPTION) MEDICATIONS
- Opioids (Pain relievers), such as oxycodone, hydrocodone, Vicodin, codeine, fentanyl
- Benzodiazepines (Anxiety or Seizure medication), such as Xanax, Ativan, Valium, Klonopin.
- Stimulants (ADHD, or Narcolepsy), such as Biphetamine, Dexedrine, Adderall.

OTC (OVER-THE-COUNTER) MEDICINES
- Cough and cold containing DXM (dextromethorphan)
- Motion sickness (dimenhydrinate, diphenhydramine)

PET MEDICATIONS
- Ketamine (Pet Tranquilizer)
- Barbiturates (Pet Anxiety), such as Phenobarbital
- Opioids, (Pet Painkiller, Coughing in Dogs) such as Tramadol, and Hydrocodone

WHERE TO STORE

- Use a Lock Box or keep out of easy-to-reach locations.
- Remove any medicines from the main bathroom or kitchen.

Safely Store Alcohol

You don’t have to throw-out all of your alcohol to have a safe home, but whatever alcohol you do have, it’s recommended to keep it locked.

NOT IN MY HOUSE RULE

It doesn’t matter if you take the keys or monitor teens, providing alcohol to those under age 21 is illegal.

CABINET/PANTRY LOCK

- Measure the width of the door to get one that fits. Lock kits can be less than $5 and may require a drill and a screwdriver to install.

FRIDGE LOCK

- Secure a Basement or Garage Fridge with a Marine Lock. These locks come with either a combination or a key lock.

BOTTLE LOCK

- About $5, these easy to use locks work on Wine or Liquor bottles.