

# Suicide is preventable. Medication overdoses are too.



## Safety Checklist

- Seat belts**
- Smoke alarms**
- First Aid kits**
- Bike Helmets**

### Don't forget to lock up:

- Medications**
- Firearms**



# Save lives by locking and limiting access to lethal means

## Take Back

Find medication disposal sites here:

- <https://bit.ly/RXdropbox>
- <https://bit.ly/prescriptionabuseDOJ>

## Dispose

Get rid of leftover medication by mixing it with dirt, kitty litter or coffee grounds; place in your trash.

## Lock Up

Secure all Rx, including over-the-counter, save for a 1-week supply. Secure firearms with a gun lock or place in a gun safe when not in use.



## Limit Access

1-day Rx dose for those in a mental health crisis. Ask someone you trust outside of the home to hold firearms or ammunition during a crisis.

## Store Ammunition

Make sure your firearm is unloaded prior to being stored. Lock ammunition in a separate area away from your firearms.



## Hold and Transfer

Give a trusted person keys and combinations. Ask a friend or relative to hold firearms temporarily in an emergency.