



Dear Iowa Parent,

Every 19 minutes, someone dies of a prescription drug overdose in the United States. You can help prevent this from happening by taking important steps to educate your children about the safe use and care of medicines.

We know that talking at home with children about risks can reduce the likelihood of drug abuse, and also that securing, monitoring and properly disposing of medicines can lower the potential for their misuse. While 80% of parents talk to their teens about the risks of using marijuana and alcohol, only 14% of parents discuss the misuse or abuse of prescription drugs.**

The Iowa Substance Abuse Information Center created **Iowa Medicine TLC**, an education campaign to provide parents information and resources to help them protect their teens from the dangers of prescription and over-the-counter (OTC) drugs. **Iowa Medicine TLC (Talk, Lock and Connect)** encourages you to:

Talk to your teen about the dangers of prescription medicine misuse and abuse;
Lock up or secure your medicines in a safe place and properly dispose of them; and
Connect with the Iowa Substance Abuse Information Center to get more information.

More than 70% of people aged 12 and up who misuse or abuse prescription drugs say they obtained them from a friend or family member.* As a parent, you play a vital role in the safety and well-being of your own teens and other children who visit your home. You can protect your children and others you care about by using Iowa Medicine TLC to keep teens safe from medicine misuse and abuse. Go to www.IowaMedicineTLC.org or call 866-242-4111 to learn more.

Sincerely,

Emily Blomme
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866-242-4111
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*National Survey on Drug Use and Health, **Partnership Attitude Tracking Survey

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