



# PREVENT TEEN POISONING

## BEING A TEEN BRINGS NEW CHALLENGES.

Between school, extracurricular activities, sports, socializing and jobs, stress can build up pretty easily and quickly. Hopefully you have a positive outlet for stress and can relieve it with healthy choices like exercise or talking to trusted friends and adults.

- If you are on a medication, follow the doctor's orders exactly.
- Never share your medicine.

It is very dangerous if you turn to alcohol or drugs to relieve stress, or to get high. It is dangerous to abuse prescription and over-the-counter drugs. Prescription drug misuse or abuse can cause:

- Trouble breathing
- Seizures
- Passing out
- Addiction
- Coma
- Death

Plus, if you are taking other medicines or abusing other substance, there can be a dangerous or deadly interaction.

[www.teens.drugabuse.gov](http://www.teens.drugabuse.gov) is a great place to hear real stories about drug abuse, to learn facts about getting high, and to play interactive games.

Even if you don't think you'll ever try drugs or drink illegally or irresponsibly, it's possible that someone you're with might. Keep the Poison Help number (1-800-222-1222) programmed in your cell phone. Calls are free and confidential and can save your life. Don't ever hesitate to call. Too many teens die because they're afraid to ask for help.

The Poison Help number isn't just for emergencies either. If you have questions or concerns, feel free to call. You'll be talking to a nurse or a pharmacist and your call will be completely confidential. No one will judge you or scold you. The experts are here to help keep you safe, well informed, and prepared.

Education is key to prevention. The Missouri Poison Center welcomes teachers, child care providers, scout leaders, EMS providers and other community educators to use these free resources to teach about poison safety.

**MISSOURI**  
POISON CENTER  
1-800-222-1222

**BE POISON SMART!** KEEP POISONOUS PRODUCTS  
OUT OF SIGHT & OUT OF REACH.  
**WWW.MISSOURIPOISONCENTER.ORG**

