

It's time for the most important spring cleaning you can do—inside your medicine cabinet.

Two-thirds of teens who report abuse of prescription medicine are getting them from friends, family and acquaintances. Be sure to safeguard your home, so the teens in your life don't have access to your medicine.

Follow these three steps to find out how to monitor, secure and properly dispose of unused and expired prescription drugs and over-the-counter cough medicine in your home:

To find out more about about medicine abuse, and what you can do to protect or get help for someone in your family, visit the [Medicine Abuse Project at drugfree.org](https://www.drugfree.org/medicines-abuse-project).

