



If you are doing your spring cleaning soon, disposing of medicines safely is essential to protect the environment, deter ineffective use or abuse, and reduce overall overdose and poison risks—especially in multigenerational homes. Young children and teens are at the greatest risk of experimental and unintended poisonings.

Many pharmacies and law enforcement agencies have medication take-back stations where you can dispose of unwanted, unused, and expired over-the-counter (OTC) and prescription medicines. You can leave meds in their original container and they accept pills, creams, patches, liquids and other forms of medications.

If disposing of medicines at home, remove them from the original container and combine in a disposable bag with water to dissolve them and something nonconsumable such as dirt, used coffee grounds, saw dust or cat litter. Then, dispose of the bag in the trash. Never flush meds down the toilet.

For a listing of medication drop off sites in Minnesota, visit: [Drug Take Back](#) | [Dose of Reality MN](#)

Spring is a time to renew—our commitment to concussion safety! The greatest concussion risks for our students includes contact sports, falls, and car crashes. Sports such as football, hockey, soccer, and cheer lead the injury statistics.

The dangers of head trauma extend beyond impact with physical and emotional symptoms often emerging weeks and months after injury, leading to emotional dysregulation, irritability, anxiety, memory issues, and thinking problems.

If you suspect your child has suffered a head injury, seek medical attention immediately. Reduce your student's risk of concussion by supporting safe sports and child passenger safety. For more information or support with brain injuries, contact the Minnesota Brain Injury Alliance at 800.669.6442.

CONCUSSION Describes The Injury

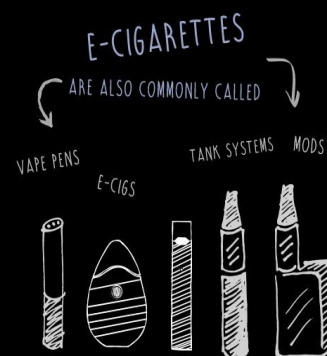
BRAIN INJURY Describes The Damage

Signs and Symptoms Of A Brain Injury

- Headache, feeling of pressure in the head
- Temporary loss of consciousness
- Confusion, feeling as if in a fog
- Amnesia surrounding the event
- Dizziness and "seeing stars"
- Ringing in the ears
- Nausea
- Vomiting
- Slurred speech
- Delayed response to questions
- Appears dazed
- Listless and tires easily
- Irritable and cranky
- Loss of balance, unsteady walking
- Vision or eye disturbances,
- Pupils enlarged, or of unequal sizes

E-cigarettes, vapes, and electronic smoking product use has risen dramatically, with young students reporting trying e-smoking devices as young as 8 to over 10% of high school student using regularly. While the sale of electronic smoking devices to children is prohibited, vapes are the most common reported used tobacco product for middle and high school students for over a decade, with both groups reporting nearly 40% current use rate. Young people who vape are 3 to 4 more times likely to develop nicotine addiction and remain an adult smoker than those who do not vape. Injury prevention takes on e-smoking because it negatively affects brain development, mental health, lung capacity, and exacerbates chronic conditions including asthma.

For more information on the dangers of e-smoking and risks to youth, visit: safekidsgf.com (Click on Safety Info at the top and then e-cigarette safety under Home | Poisoning.



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks.

For more information on this and other childhood injury prevention topics, visit safekidsgf.com, call us at 701.780.1489 or email safekids@altru.org.



This information is brought to you by Safe Kids Grand Forks.