

# Safety Checklist

## In your home are there any:

- Children or teens?
- People who have dementia or other cognitive problems?
- People who have a problem with drinking or drugs?
- People who have been down lately or may be thinking about harming themselves or others?
- People who live with chronic pain?

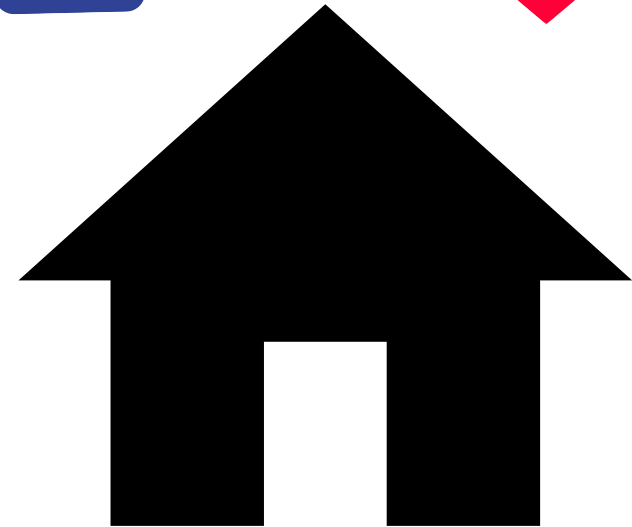
## At home, do you have any of the following items unlocked?

- Firearms
- Medications
- Alcohol
- Cannabis
- Household products that can be used to get high

If you checked any of the boxes above, read inside for tips and resources for safety.



# Keep It Safe



**Overdose, injury and suicide can be prevented.**

## Why think about safety?

Many of our homes are full of things that can be dangerous. We protect our loved ones from harm by using seatbelts, bike helmets, etc. You can also protect your loved ones from overdose, injury and suicide by securing certain household items.

## Who might be at higher risk?



Elders, or people with dementia



People with chronic pain



People with substance use challenges



Children or teens



People who are down or depressed, or may have mental health challenges

## What in my house might be dangerous?



Medications



Alcohol



Firearms



Cannabis products



Anything else that can be used to get high

## What can I do to protect my family?

- 1. Create a safer environment:** Lock up the things you're concerned about, or store them outside your home. If there are children in your home, it's always a good idea to lock up cannabis, alcohol and firearms.
- 2. Talk to your loved ones** about drugs, alcohol and thoughts of suicide.
- 3. Dispose of unwanted medications** at one of Humboldt County's medication disposal bins.
- 4. If you need more help, reach out.** You can learn more online or reach out to local professionals.

## Resources

### How to Create a Safer Home

- Lock to Live: [lock2live.org](https://lock2live.org)
- Safer Homes, Suicide Aware: [depts.washington.edu/saferwa](https://depts.washington.edu/saferwa)

### How to Have the Difficult Conversations

- Know the Signs: [suicideispreventable.org](https://suicideispreventable.org)
- Partnership for Drug Free Kids: [drugfree.org](https://drugfree.org)
- Talk. They Hear You: [samhsa.gov/underage-drinking](https://samhsa.gov/underage-drinking)

**Disposal Info:** [humboldt.gov/2151/Prescription-Drug-Safety](https://humboldt.gov/2151/Prescription-Drug-Safety)

### Hotlines: 24 hours, 7 days a week

- Poison Control: 1-800-222-1222
- Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text line: Text "HOME" to 741-741

### Questions about this information?

Contact the Healthy Community Division at 908 Seventh St., Eureka or call 707-268-2132.