

Keep the Holidays Bright

Make Safety a Priority



DEFENSE SUICIDE PREVENTION OFFICE

The holiday season is a special time with family and friends. Take extra steps to help keep everyone safe and keep in mind that firearms and medications can be lethal.

The Key is Safe Storage

These safety guidelines can help you, your family, and your friends enjoy a peaceful holiday season and keep the holidays bright.

Medication storage:

- Do not keep dangerous doses of medication on hand.
- Discuss disposal of prescription and non-prescription medications with your doctor or pharmacist.
- Consider locking up all medications.
- Dispose of medications that are no longer needed or are expired.
- Avoid drinking alcohol while taking medications. This can be deadly and can lead to impulsive choices such as a suicide attempt.

Firearm safety:

- Ensure firearms are unloaded and stored safely. Consider cable and trigger locks, gun cases, lock boxes, full-size safes, and ammunition safes.
- Store firearms and ammunition separately.
- Keep your firearm lock keys secure by using a combination lock box or storing them in a separate safe.
- When someone is at risk of harm to self or others, consider storing with a trusted person or secure storage facility.

Your action can save lives. Taking the time to secure your firearms and medications can protect the ones you love.

