

5 Action Steps to Help Others Stay Safe



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In Idaho, from 2013-2017 61% of those who died by suicide used a firearm and 16% died by poisoning/drug overdose. The decision to act on thoughts of suicide is often impulsive and fleeting. Safe storage of firearms and proper storage and disposal of unneeded prescription and over-the-counter drugs can help save lives by providing a cushion of time when the person can change their mind or another can intervene.

Here are 5 steps you can take to help keep others safe:

1. **Store firearms securely.** Hiding guns where you think children or others will not find them is not good enough. Always store guns unloaded and locked in a case or gun safe when not in use. It is also important to prevent access to combinations and keys to firearm cases and safes. During high-risk periods, temporary off-site storage may be the safest option.
2. **Store firearms separately from ammunition.** Assure that stored guns are unloaded and ammunition is stored in a different place than firearms.
3. **Use trigger locks or cable locks on firearms.** Trigger and cable locks are available at no cost through many law enforcement agencies or may be purchased from most firearms dealers.
4. **Store medications securely.** Store prescription and over-the-counter medications securely. Consider moving medications from restrooms used by visitors to secure areas in your home. Opioids and other painkillers should be safely locked away from others.
5. **Discard unneeded medications properly.** Many local law enforcement agencies and pharmacies accept unneeded drugs for safe disposal. Contact them for details. Additional information is available at <https://www.fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know>.