

# 5 Action Steps to Help Others Stay Safe



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In Idaho, from 2018-2022 63.7% of those who died by suicide used a firearm and 9% 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>



For more information, contact Alayna Hallmark, Suicide Prevention Program Coordinator, at (208) 2852-0478 or [ahallmark@siph.id.gov](mailto:ahallmark@siph.id.gov)