

# SAFE PRESCRIPTION STORAGE & DISPOSAL

Proper storage and disposal of medication saves lives. It prevents children from accidentally taking medication, teenagers from trying to steal pills to get high and prevents diversion - legitimate medication being sold on the streets for profit.



## STORAGE

Organize and track your medications.

- **Store all of your medication in one place** - it will be easier to keep track of what you have and dispose of expired medication.
- **Pick a safe storage location** - Make sure it's high up, out of sight, and not easily accessible by young children. It should be cool and dry so not to damage your medications.
- **Lock up any prescriptions that may have a "street value"** - antidepressants, painkillers, ADHD medication, and anti-anxiety medications are all commonly abused drugs that are often found in medicine cabinets.

## PROPER DISPOSAL

Unused or expired medication should be taken **OUT** of its original containers and disposed of properly.

How to throw out your unused or expired medication:

- **MIX IT** - Mix medicines with undesirable products like dirt, kitty litter, used coffee grounds or other spoiled food. Do not crush tablets or capsules.
- **SEAL IT** - Place the mix in a sealed container, can or plastic bag.
- **TRASH IT** - Throw the whole container in your household trash.
- **SCRATCH IT** - Scratch out any personal details or remove the label on any empty pill bottles then dispose of the container.



**60,000 CHILDREN ARE BROUGHT TO HOSPITALS EACH YEAR BECAUSE THEY TOOK MEDICINE THAT WAS IN THEIR REACH**



## DOs AND DON'Ts OF MEDICATION STORAGE AND DISPOSAL



- ✓ **DO TRACK YOUR EXPIRATION DATES.** Expired medications are ineffective at best and potentially dangerous at worst.
- ✗ **DON'T GIVE YOUR MEDICATION TO OTHERS.** Sharing medications can be dangerous, and it could lead to diversion.
- ✓ **DO LOCK UP YOUR MEDICATIONS.** Securing your medications can protect children, pets and visitors to your home.
- ✓ **DO TAKE YOUR MEDICATIONS AS PRESCRIBED.** Talk to your doctor about how to take your meds, and make sure you understand instructions.
- ✗ **DON'T LEAVE MEDICATIONS IN YOUR PURSE OR POCKET.** It is too easy for children to find them there.
- ✗ **DON'T FLUSH YOUR MEDICATIONS DOWN THE TOILET,** unless the packaging directs you to or they are on the safe to flush drug list - usually strong opioids like fentanyl and other painkillers.



**THE EASIEST AND SAFEST WAY TO DISPOSE OF PRESCRIPTION DRUGS IS TO USE A "TAKE BACK" PROGRAM.**

National Prescription Drug Take Back Day provides safe, easy and responsible ways to dispose of prescription drugs. Local law enforcement agencies often provide year round, or regular drop off days for prescription medications. Visit the website below to find dates and locations of safe drop off sites near you.

For a date and locations of Take Back locations near you visit:

**WWW.TAKEBACKDAY.DEA.GOV**