



# PROPER STORAGE & DISPOSAL

## PROPER STORAGE

Over 50% of abuse prescriptions are obtained from friends & family, often taken from a medicine cabinet.

- ① Make sure your medications are out of sight and out of reach from children and guests. Lock boxes work well.
- ② Teach your children about medication safety.
- ③ Never tell children medication is candy to get them to take it.
- ④ Make sure the safety cap is locked. Twist until you hear the click or you can't twist anymore.
- ⑤ Keep track of how much medication you've used and keep a list of all medications in the house.

## PROPER DISPOSAL

Don't contaminate our groundwater! Dispose of unused or expired medications in a secure drop box—visit [knowyourscript.org](https://www.knowyourscript.org) to find one nearest you. If you can't make it to a drop box follow these trash disposal tips:

- ① Do NOT crush tablets or capsules
- ② Mix medications with items such as kitty litter, a soiled diaper or used coffee grounds.
- ③ Place the mixture in a sealed device (e.g., plastic bag).
- ④ Remove or scratch out all information on the prescription label before throwing out your empty pill bottle or other empty medication packaging.