



HOW TO

# Monitor, Secure and Destroy YOUR MEDICATIONS

## MONITOR

Take inventory. Count your medications from the pharmacist. Count them as you use them. Take note of missing and quickly used medications.

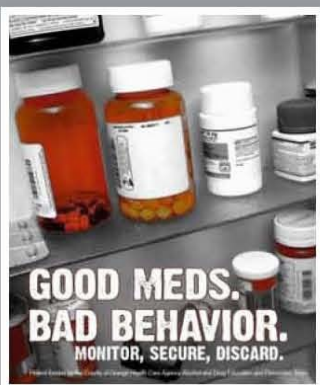
## SECURE

Lock medications and reduce access. Don't leave them in a bathroom. Keep them away from children and youth.

## DESTROY

Never dispose of medications in a sink or toilet. Dissolve unused or expired medications in a baggie with kitty litter.

Follow these steps.



Preventing prescription drug abuse starts in your home. According to the U.S. Drug Enforcement Administration, more people die from over-the-counter and prescription drug abuse than from cocaine, heroin, and ecstasy combined. Safeguard your family by following these steps.

### How to properly destroy your expired and unwanted medications at home



#### What You Will Need

- Expired and unwanted medications
- Zip baggie
- Hot water (over 110° F)
- Kitty litter

#### Steps to follow

- 1** Pour unwanted/expired medications out of their original containers into a zip baggie.
- 2** Pour hot water (over 110° F — about as hot as a cup of coffee) into the baggie.
- 3** Insert kitty litter into the baggie. Seal baggie. Place in trash bin.

*Shred prescription labels or use a black marker to cross out label information.*

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