



PROPER DISPOSAL OF PRESCRIPTION DRUGS

WE CAN ALL TAKE ACTION!

DO:

If a drug take-back or collection program is not available:

1. Take your prescription drugs out of their original containers.
2. Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.
3. Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.
4. Conceal or remove any personal information, including prescription number, on the empty containers by covering it with black permanent marker or duct tape, or by scratching it off.
5. Place the sealed container with the mixture, and the empty drug containers, in the trash.

Visit our Web site below to see a video showing safe & responsible disposal methods!

DON'T:

- ▶ Don't flush prescription drugs down the toilet or drain (unless the label or accompanying patient information specifically instructs you to do so).

Adapted from: Office of National Drug Control Policy

For more information, contact:



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PREVENTION

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WWW.SPIRITLAKENATION.COM/TRIBAL_PREVENTION.HTM



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Store your medications in a secure and dry place.

People visiting you may be interested in stealing your prescriptions, especially if they are left visible (sitting on your table or dresser, for example). Consider using a lock box or hide them in the back of your closet where it is not easy for others to find.

Keep track of your medicine.

Count how many pills you have at any given time to check for missing medicine.

Keep a low profile.

Your medications are your business. There's no reason to tell your friends about the meds you take.

Don't share your medications under any circumstances.

If a friend or family member is injured, instead of "sharing" a pain reliever, make sure he or she sees a healthcare professional for care.



SAFEGUARD
YOUR MEDS

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TAKE ACTION!**

Adapted from "Mind Your Meds"
Educate Before You Medicate: www.talkaboutrx.org