

# inspired

[to make healthy choices]

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## Cleaning the Medicine Cabinet

Protect your loved ones by getting rid of expired, unused or unwanted medications around your home!

After alcohol and marijuana, **prescription drugs are the most commonly misused substances** by Americans ages 14 and older. (NIDA)

**2/3** of teens who misused prescription pain relievers report they got them from family and friends, including their home's medicine cabinets. (SAMHSA)

### How to Clean Out the Medicine Cabinet

#### DISPOSE OF:

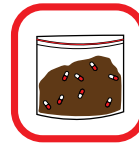
1. anything that is expired.
2. anything that displays signs of changes in color, smell or taste.
3. anything not in its original container, where you can't identify what it is, who it belongs to, how to take it and the expiration date.
4. anything that is left over from a past illness or injury that is healed.

### Safely Dispose of Your Medications at Home

#### FOLLOW THESE STEPS:



**Mix** drugs with a substance such as dirt, cat litter or coffee grounds.



**Place** the mixture into a disposal container with a lid or a sealable plastic bag.



**Throw** away the sealed mixture in your household trash.



**Scratch out** all personal information from the prescription container's label before recycling or disposing of it.

Medications should be locked away or otherwise inaccessible to children, pets, house guests or even other family members to whom they don't belong.

