

# MISUSING ANY MEDICATION CAN CAUSE HARM



## DON'T:

- Take more than the prescribed amount
- Take for a different reason than prescribed
- Take someone else's medication
- Share medication with others

# How to Dispose of Medicines Properly

**DON'T:** Flush expired or unwanted prescription and over-the-counter drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so.

**DO:** Return unwanted or expired prescription and over-the-counter drugs to a drug take-back program or follow the steps for household disposal below.

## 1ST CHOICE: DRUG TAKE-BACK EVENTS

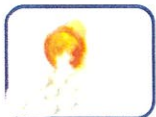
To dispose of prescription and over-the-counter drugs, call your city or county government's household trash and recycling service and ask if a drug take-back program is available in your community. Some counties hold household hazardous waste collection days, where prescription and over-the-counter drugs are accepted at a central location for proper disposal.



Courtesy: Upper Watauga Riverkeeper  
and Appalachian Voices

**Drug Take-Back Event**

## 2ND CHOICE: HOUSEHOLD DISPOSAL STEPS\*



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 Rx number, on the empty containers by covering it with permanent marker or duct tape, or by scratching it off.



5. The sealed container with the drug mixture, and the empty drug containers, can now be placed in the trash.