Follow these simple steps to dispose of medicines in the household trash

**MIX**
Mix medicines (do not crush tablets or capsules) with an unpalatable substance such as dirt, kitty litter, or used coffee grounds;

**PLACE**
Place the mixture in a container such as a sealed plastic bag;

**THROW**
Throw the container in your household trash;

**SCRATCH OUT**
Scratch out all personal information on the prescription label of your empty pill bottle or empty medicine packaging to make it unreadable, then dispose of the container.