SAFE MEDICINE DISPOSAL

When was the last time you cleaned out your household supply of over-the-counter (OTC) medicines?

Check the Label
Once a medicine has reached its expiration date, it may not provide the treatment that you need.

Follow these simple steps from the U.S. Food and Drug Administration (FDA) to dispose of OTCs in your household trash:

1. Mix Medicines
   Mix medicines (do not crush tablets or capsules) with an unpalatable substance such as used coffee grounds or kitty litter.

2. Seal Mixture
   Place the mixture in a container such as a sealed plastic bag.

3. Throw Away
   Throw the container in your household trash.

Learn More
All OTCs can be thrown away. Some prescription medicines should be flushed. To know which ones, go to www.aapcc.org. Take-back programs are another important option for disposal. Find an authorized take-back program near you at: DEAdversion.usdoj.gov.

knowyourOTCs.org
Take your healthcare personally.