ORANGE COUNTY RX&OTC COALITION

HOW TO

Monitor, Secure and Destroy YOUR MEDICATIONS

MONITOR

Take inventory. Count your medications from the pharmacist. Count them as you use them. Take note of missing and quickly used medications.

SECURE

Lock medications and reduce access. Don't leave them in a bathroom. Keep them away from children and youth.

DESTROY

Never dispose of medications in a sink or toilet. Dissolve unused or expired medications in a baggie with kitty litter.

Follow these steps.

Preventing prescription drug abuse starts in your home. According to the U.S. Drug Enforcement Administration, more people die from over-the-counter and prescription drug abuse than from cocaine, heroin, and ecstasy combined. **Safeguard your family by following these steps.**

How to properly destroy your expired and unwanted medications at home

What You Will Need

- **Expired and unwanted medications**
- **Zip baggie**
- **Hot water (over 110° F)**
- **Kitty litter**

Steps to follow

1. Pour unwanted/expired medications out of their original containers into a zip baggie.
2. Pour hot water (over 110° F — about as hot as a cup of coffee) into the baggie.
3. Insert kitty litter into the baggie. Seal baggie. **Place in trash bin.**

Shred prescription labels or use a black marker to cross out label information.

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