

WOULD YOU NOTICE IF PILLS WERE MISSING?

MONITOR

Take inventory of medications. Keep track of any missing and quickly-used medications.

SECURE

Lock up medications to reduce access. Do not leave them in a bathroom or the kitchen.

DESTROY

Destroy your unwanted or expired medications:

1. Pour unwanted or expired medications into a zip bag.
2. Pour hot water (over 110° - as hot as coffee) into the bag.
3. Insert kitty litter into the bag. Seal bag and place in trash.