

# DISPOSE OF YOUR UNNEEDED MEDICATION

*Help prevent pollution, poisonings and drug abuse! Dispose of your unneeded medications by following these six steps.*

## 6 STEPS TO SAFETY

- 1) Pour medicine into a sealable plastic bag.
- 2) If the medicine is a solid, add a small amount of water to dissolve it.
- 3) Add any undesirable substance (such as dirt, coffee grounds or kitty litter) to the liquid medicine in the plastic bag.
- 4) Seal the bag and immediately dispose of it in the trash.
- 5) Use marker to black out any personal contact information on the empty medicine container prior to recycling or disposing of it in the trash.
- 6) For more information consult [www.nh.gov/medsafety](http://www.nh.gov/medsafety).

*Don't keep unneeded medications in the home.*

*Please do not flush medication down the toilet unless the product information says it is safe to do so.*

*Check with your local law enforcement in case they have a permanent disposal container or know of a medicine collection event coming up.*

**For more information on medications or in case of accidental poisonings call the Northern New England Poison Center  
1-800-222-1222**

