

BE SAFE:

Dispose of Unused Medicines

Keep your family safe by cleaning out your medicines.
Has a bottle expired? No longer in use? It's time to toss.



Use this checklist to stay on track!

What You Should Be Checking:

- | | |
|---|--|
| <input type="checkbox"/> Pain relievers | <input type="checkbox"/> Heart medicines |
| <input type="checkbox"/> Prescription medicines | <input type="checkbox"/> Cold medicines |
| <input type="checkbox"/> Antibiotics | <input type="checkbox"/> Vitamins |

Check Your Entire Home:

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Bathrooms | <input type="checkbox"/> Kitchens |
| <input type="checkbox"/> Bedrooms | <input type="checkbox"/> Closets |

For safe disposal options, see reverse. >

Questions? Call the Poison Control Center at CHOP at 800-222-1222. We are available 24/7 to help you.



SAFE DISPOSAL OPTIONS



Drug Take-Back Sites

Visit takebackday.dea.gov to participate in a drug take-back day or find a list of year-round disposal sites near you.

No internet? No problem! Give the Poison Control Center at CHOP a call at 800-222-1222 and we'll find the information for you.



Home Disposal, in Three Steps

1. Mix the medicine with something you wouldn't want to eat, like coffee grounds, used tea or kitty litter.
2. Put the mixture in a container and **seal it**.
An empty margarine tub works great. Get creative!
3. Throw it away. Easy and safe!



Food and Drug Administration (FDA) Flush List

The FDA has a list of about 15 dangerous medicines that should be flushed. To view the list, search online for "FDA Flush List." Make sure the link you click is from the website fda.gov.

