



**Help Prevent Pollution, Poisonings
and Drug Abuse!
Dispose of your Unneeded Medication –
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 for regular pick-up.**
- 5) Use a marker to black out any personal contact information on the empty medicine container prior to disposing of it in the trash.**
- 6) For more information, consult www.nh.gov/medsafety .**

Do NOT flush medicine down the toilet unless accompanying product information instructs that it is safe to do so. Don't keep unneeded medications in the home.

Medicine collection events, if readily available, are also good options for safely disposing of unwanted medicine.

For more information or in case of an accidental poisoning, call the poison center at 1-800-222-1222.