

# What to know BEFORE YOU THROW



## Here's how to dispose of prescription drugs properly.

- **Don't flush medications down the toilet or sink.** Water quality and wildlife are affected.
- **Delete information on the container.** Remove the label or use a permanent marker to cross out personal information.
- **Make excess drugs less dangerous.** Mix drugs (liquid or pills) with hot water to dissolve them. Then mix with salt, ashes, saw dust, used coffee grounds or kitty litter.
- **Contain and seal.** After mixing, place inside an opaque plastic container and tape it shut.
- **Throw out the container in your trash can.** Do not put the container in your recycling bin.
- **Or find a prescription drug drop box** at a police department and drop off excess supply.

CHANGE  
the **SCRIPT**



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For resources, go to [drugfreet.org](http://drugfreet.org)