



## **Help Prevent Pollution, Poisonings and Drug Abuse! Dispose of your Unneeded Medication**

Take your unneeded or expired medication from your household to a drop box at a [local police station with a drop box](#). Additionally, the US Drug Enforcement Administration coordinates a [National Drug Take Back Day](#) twice a year typically at almost 100 hundred locations throughout New Hampshire. Additionally, [select Walgreen Retail Stores](#) have established Medication disposal kiosks.

In addition to the options above, medicine from households can be disposed of in household trash using the following method:

- 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 coffee grounds, kitty litter or something similar to the liquid medicine in the plastic bag.
- 4) Seal the bag and immediately dispose of it in the trash.
- 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](http://www.nh.gov/medsafety). Disposal information for household generated sharps may also be found on this website.

**Do NOT flush medicine down the toilet unless accompanying product information instructs otherwise. Don't keep unneeded medications in the home.**

**A flyer with this information may be downloaded at [www.nh.gov/medsafety](http://www.nh.gov/medsafety).**

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