

Follow these simple steps to dispose of medicines in the household trash

## MIX

Mix medicines (do not crush tablets or capsules) **with an unpalatable substance** such as dirt, kitty litter, or used coffee grounds;



## PLACE

Place the mixture **in a container** such as a sealed plastic bag;



## THROW

Throw the container **in your household trash**;



## SCRATCH OUT

Scratch out **all personal information** on the prescription label of your empty pill bottle or empty medicine packaging to make it unreadable, then dispose of the container.

