

Check your medicine cabinet twice a year

Use the annual time changes as a reminder to clean out your medicine cabinet.

HELPFUL PHONE NUMBERS

Poison Control: **800-222-1222**

NSMC Emergency Departments:

Salem (Adult): **978-354-3500**

Salem (Pediatric): **978-354-2750**

Union: **781-477-3455**

Your Medicine Cabinet



This brochure was developed by the NSMC Patient/Family Advisory Council (PFAC). For more information on the council, please call **978-354-3543**.



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What you need to know about
old and unused medications

Safe Medication Disposal protects lives and the environment.

Here are some steps for disposing of medications on your own:

Do:

- Put unused medications into a sealable plastic bag and add water to dilute or dissolve.
- Add kitty litter, coffee grounds, or other material to the bag. This will make it less appealing to children and pets.
- Seal the plastic bag and place it into household trash.

Do:

- Protect your identity and privacy by removing any prescription labels and identifying information from containers before recycling or throwing them away.

Don't:

- Flush unused medications.
- Pour liquid medications down the drain.

Doing these things contaminates groundwater and potentially harms wildlife.

Why should I worry about getting rid of my medicine?

You can get sick using outdated medications.

Each year over 5,000 children under the age of six are accidentally poisoned by taking prescription drugs found at home.

More teens abuse prescription drugs than cocaine, heroin and methamphetamine combined.

Today one in five teens is abusing prescription drugs to "get high", and almost half think it is safer to abuse prescription drugs than illegal ones.

More than three in five teens say prescription pain relievers are easy to get from household medicine cabinets or from someone with a prescription.



Where can I dispose of my medicine?

Many communities have drug "take-back" programs, or a place where you can drop off your unused medicine.

Salem and Lynn, MA have drop off locations for unused medicine:

Lynn Police Department, 300 Washington St., Lynn, MA
Phone 781-595-2000

Salem Police Department, 95 Margin St., Salem, MA
Phone 978-744-0171

Check with your local trash collection and recycling service, or local board of health or police station to see when "take-back" programs are scheduled in your area.

Obtain information on "take-back" programs from http://www.deadiversion.usdoj.gov/drug_disposal/takeback/indet.html

Check with your local pharmacy to see if you can buy postage-paid envelopes to mail unused medicine to a secure site for safe disposal (narcotics not allowed).