



# AT HOME MEDICATION DISPOSAL GUIDELINES

## SAFELY DISPOSE OF EXPIRED OR UNUSED MEDICATION

Follow these steps to dispose of medicines in your household trash:

1

#### MIX

Mix medicines (do not crush tablets or capsules) with an unappetizing substance such as used coffee grounds or kitty litter.



2

### SEAL

Place the mixture in a container such as a sealed plastic bag.



3

#### **THROW AWAY**

Throw the container in your household trash.



4

#### **SCRATCH OUT**

Scratch out all personal information on the prescription label of empty pill bottle or empty medicine packaging to make it unreadable before disposing of the container.



For more information, contact Nadli Arabo at 248-328-5177, arabon@oakgov.com or Melanie Stone at 248-408-5322, stonem@oakgov.com.



Recipients of substance abuse prevention services have rights protected by state and federal laws and promulgated rules. For information contact the Oakland Community Health Network, Substance Use Disorder Recipient Rights Coordinator, Sherrie Cook, 5505 Corporate Dr. Troy, MI 48098 or call 248.858.1210.

Federal, State, and/or County Funding has been provided through the Oakland Community Health Network Substance Use Disorder Services to support the project costs.

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